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Introduction

"Savoury (adjective): of salt or piquant flavour; (noun): a savoury dish, especially one served at beginning or end of dinner as stimulant or digestive". "Snack: slight or casual or hurried meal". "Appetiser: that which gives appetite".

These three dictionary definitions show how wide a field lay before us when we set out to compile this book. However, we put in as much as we possibly could, trying to hold the balance between old favourites and newer ideas.

There are many possible and equally logical ways of dividing up the material in a volume of this kind, because the same recipe could appear quite appropriately in two or even more places. Take Welsh Rarebit – serve it on narrow fingers of toast and it becomes a cocktail or after-dinner savoury; spread it on a whole round of toast and it's a snack; offer a double portion or put grilled tomatoes and mushrooms with it and it's a hearty supper dish. So if you don't find a particular recipe in one place, look in the Index, to see if it is included in another section of the book.

With savouries and snacks more than with some branches of cookery, imagination and readiness to experiment can have full play. Because of the time factor, this is a type of cookery in which the career girl tends to excel. True, presentation is important, but this need not mean anything very fiddling and time-consuming. Similarly with snack meals: serve them in a neat, uncluttered setting - however simple the table appointments – and arrange the food tidily on plate or dish. If you are

offering a vegetable accompaniment, try to let it be a good foil in colour as well as taste. Canned or frozen green beans, for instance, will look prettier with bacon than do baked beans. (On the other hand, baked beans are fine to add extra bulk and nourishment to a spur-of-the-moment casserole contrived from store-cupboard standbys!)

Some sound advice on both picnics and packed meals is given in the Supplement to this book.

Wherever appropriate, we have tried to give an indication of the number of servings a recipe will give, but obviously a great deal depends on individual appetites, particularly with such things as after-dinner and buffet party savouries and snack meals.

SECTION I

Savouries for a Party

We begin this section with a chapter on the small, highly-flavoured titbits nibbled at cocktail parties. Next come after-dinner savouries – the morsels, again highly flavoured, and usually hot, which may be served as the last course of a formal dinner, or even as an alternative to the sweet course on a less formal occasion. The following chapter gives fairly elaborate savoury dishes suitable for a buffet party or similar function – "set piece" moulds, aspic dishes, flans and so on.

Cheese served as a separate course at a formal meal, or as part of a wine and cheese party, forms the next chapter section. Finally, there are sandwiches in great variety, but all more or less of the party type. (For hearty sandwiches, please see "Snacks For any Time of Day", page 88). You will find directions for making the increasingly popular open or Scandinavian sandwiches and some intriguing "stuffed loaves".

CHAPTER 1

Cocktail titbits

Here you will find dozens of ideas for cheese savouries, canapés, "things on sticks" and so on. Basic recipes for all the necessary pastries are included.

COCKTAIL PARTY QUANTITIES

Here is one sample menu for 25-30 people, based on the recipes given in this book and on ready-made titbits:

3 doz. cherry bacon roll-ups
3 doz. miniature sausage rolls (hot) *or* cocktail sausages on sticks (hot)
2 doz. sardine pyramids
3 doz. cheese and olive pick-ups
3 doz cheese tartlets (hot)
3 doz. pickle dillies (hot)

You should also offer potato crisps, nuts, olives, and perhaps cocktail onions It would be a good idea to have a packet of "dip" mix with an extra carton of sour cream or cream cheese and some cheese biscuits, etc., to whip up a hasty "dip and dunk" if supplies run short. Reckon three drinks per person.

Shopping List

(We assume you will have basics such as eggs in stock.)
2 small cans of sardines (approx 4½ oz.)
¾ lb. Cheddar cheese
¼ lb. blue cheese
¼ lb. enriched curd cheese; small pkt cream cheese
An 8-oz. bottle of Maraschino cherries
15 rashers of streaky bacon (cut No. 7)
1 small white loaf
Dill pickles
Cocktail sausages (reckon 32 to the lb) *or* 1 lb. sausage-meat and 8 oz. frozen puff pastry
2 pkts. of salted cracker biscuits
Assorted nuts (1 or 2 cans, approx 13½ oz)
1 large box (or 6 pkts.) potato crisps
Olives 1 2 bottles according to taste, 2 oz. black olives
Parsley, watercress, lemons
Drinks as required, plus any olives, lemons, etc., required for them.

Preparation

On the day before the party, have the drinks and glasses delivered and check store-cupboard supplies.

Make up the base of the cheese and olive pick-ups and the cheese pastry (for tartlets) to the dry stage.

On the morning of the party, prepare the cherry roll-ups and make sausage rolls (if used); put on trays for re-heating.

About 2 hours before the party, make up the pickle dillies ready to pop in the oven later; prepare the sardine pyramids, grill the cherry roll-ups, if they are to be served cold, or leave them until later and keep them warm until required. Finish the cheese and olive pick-ups. Fill and bake the cheese tartlets not long before the guests arrive.

Menu Variation

If you would like less hot food, replace the sausage rolls (or cocktail sausages) and the cheese tartlets by rolled asparagus sandwiches and cheese straws. To give 4 doz. asparagus rolls, allow 2 small brown loaves, ½ lb. butter and 2 12-oz. cans of green asparagus spears. To give about 100 cheese straws, make pastry based on ½ lb. flour.

If you substitute other savouries, the ones based on ready-made biscuit bases should cause no great difficulty, as you can quite quickly count up the number in a packet. When you are making pastry-based ones, remember the useful figures at the beginning of the Pastry Savouries section, page 20. Cocktail titbits based on such things as grapes, cheese cubes, etc., are fairly easy to estimate, but if you are in doubt, it pays to buy small amounts beforehand and experiment.

SALTED ALMONDS

Place ½ oz. butter and 1 tbsp. olive oil in a frying pan and heat slowly until they just reach smoking point. Remove from the heat and add ¼ lb. blanched almonds, which should be quite dry. Cook slowly over a gentle heat, turning them constantly with a spoon, until they are golden brown. Drain the nuts on crumpled kitchen paper, then toss them in salt. Bottle in dry airtight jars.

Peanuts, cashews and mixed nuts may also be salted.

NUTS AND BOLTS

8 oz. assorted unsweetened breakfast cereals
2 pkts. of pretzel sticks, halved
3 oz. mixed nuts
2 level tbsps. salt
¼ level tsp. pepper
3 tbsps. melted butter

Oven temperature: moderate (350°F., mark 4)

Mix all the ingredients together, put on a baking tray and bake in the centre of the oven for 15 minutes, until golden in colour.

STUFFED PRUNES OR DATES

Remove the stones from some plump Californian prunes or dessert dates and stuff the cavity in each with well-seasoned cream cheese.

As a variation, mix some chopped walnuts, celery or preserved ginger with the cream cheese.

STUFFED GRAPES

Use either white or black grapes. Wipe them, slit without halving and remove the pips. Stuff them with well-seasoned cream cheese and secure with a cocktail stick. Allow about 2 oz. cream cheese to 4 oz. grapes.

CELERY TRUNKS

1½ oz. cream cheese
Salt and pepper
Mayonnaise
Pimiento to taste
2 equal-sized sticks of celery

Cream together the cheese, seasoning and mayonnaise and lightly mix in the pimiento. Fill the cavities of the celery with this mixture, press together, tie with cotton and chill. Remove the cotton and cut the celery into ½-inch slices.

CREAM CHEESE BALLS

If the cream cheese is rather stiff, mix it with a little milk, blending until quite smooth. Form into balls about the size of a walnut and roll them in chopped parsley, toasted desiccated coconut, toasted chopped almonds, chopped walnuts, crushed potato crisps or finely chopped ham. Serve on cocktail sticks.

A little curry powder may be mixed with the coating if you wish.

TOASTED CHEESE CUBES

1-inch cubes of white bread
Beaten egg
A little milk
Grated cheese

Oven temperature: moderate (350°F., mark 4)

Dip the bread cubes into the egg mixed with a little milk Now dip the cubes into the grated cheese and bake them in the centre of the oven for 15 20 minutes until they are golden brown. Serve on cocktail sticks.

BACON, DATE AND CHEESE

Rind some rashers and cut each into two; stone some dates. Stuff each date with a piece of cheese and wrap half a rasher of bacon round. Grill for 8–10 minutes.

CHERRY BACON ROLL-UPS

An 8-oz. bottle of Maraschino cherries
12–15 rashers of streaky bacon, rinded

Drain the cherries. Place the rashers in a frying-pan or under a moderate grill. Cook until the fat becomes transparent, then cut each rasher in 2 or 3 pieces. Roll each piece of bacon round a cherry and arrange in groups on fine skewers. Grill for a further 2–3 minutes until the bacon fat begins to brown. Serve hot or cold, speared on cocktail sticks.

HAM AND ASPARAGUS ROLLS

Wrap thin slices of lean ham round asparagus tips and secure each with a cocktail stick.

SPICY MEAT BALLS

For the Meat Balls

1½ lb. lean chuck steak
1 oz. fresh white bread-crumbs
1 egg, beaten
1 oz. Parmesan cheese, grated
3 tbsps. water
1 level tsp. salt
½ level tsp. dried basil
¼ level tsp. pepper
Oil or lard for frying

For the Tomato Sauce

1 medium-sized onion, skinned and chopped
1 large clove of garlic, skinned and crushed
2 medium-sized cans of Italian tomatoes
A 5-oz. can of concentrated tomato purée
2 tbsps. chopped parsley
1 level tsp. salt
1 level tsp. dried marjoram

Mince the meat 2 or 3 times. Place it in a basin and blend with the bread-crumbs, egg, cheese, water, salt, basil and pepper. Shape into 1-inch balls. Melt a little fat in each of 2 large frying pans and slowly brown the meat balls. Pour the sauce over them and simmer, covered, for 1½–2 hours, stirring occasionally.

To make the Sauce: Blend all the ingredients, pour over the meat balls and cook as directed. Serve the meatballs hot, speared on cocktail sticks. (Makes about 2 doz.)

BITTERBALLEN (Dutch meat cocktail savouries)

1 lb. veal
Salt and pepper
2 oz. butter or margarine
2 oz. flour
2 eggs, separated
A little cream
Chopped parsley
Nutmeg
Bread-crumbs or finely crushed Dutch rusks to coat
Fat for deep frying
Fried parsley (see below)
French mustard

Dice the meat and cook it with a pinch of salt in about 1 pint water until tender 1 1½ hours. Take it out and strain the stock. Melt the butter, stir in the flour and add the stock gradually until a thick sauce is obtained. Stir in the egg yolks and a dash of cream (or creamy milk). Add the diced meat and some chopped parsley and season to taste with salt, pepper and grated nutmeg. Leave the mixture to cool thoroughly on a flat dish. When it is cold, divide it into small portions and roll into balls, the size of marbles. Coat these with egg white and bread-crumbs. Heat the fat until it will brown a 1-inch cube of bread in 60 seconds. Fry the meat balls for about 5 minutes, until golden brown. Drain and serve hot, with the parsley and mustard. (Makes about 20 balls.)

Fried Parsley Choose good-sized pieces of well-curled parsley. If it is necessary to wash them, shake them well, then dry thoroughly in a cloth. After frying the meat balls, draw the pan of fat from the heat and let it cool for 2 3 minutes. Put in the parsley gently a little at a time, or the fat will spit. Cook for 1 minute or so, until crisp, scoop out and drain well; use at once.

Canapés

In some form or other, canapés are probably the most widely served cocktail savoury, but they take a fair amount of preparation, consisting as they do of a base spread with savoury butter or a soft cheese mixture, topped with meat, fish, egg or something similar and finally decorated with an appropriate garnish. However, you can save time by using a ready-prepared base such as plain cheese or water biscuits. Other bases are brown and white bread (fried or toasted); rye or pumpernickel bread (used "straight"); small shapes of shortcrust, cheese, puff or flaky pastry.

Pastry bases can be made 2–3 days beforehand: roll the pastry out thinly, cut into rounds, fingers, triangles or squares, place on baking trays and bake towards the top of the oven for 10–15 minutes: shortcrust and cheese pastry require a hot oven (425°F., mark 7) and puff and flaky pastry a very hot oven (450°F., mark 8). Store the biscuits in an air-tight tin until required.

SAVOURY BUTTERS FOR CANAPÉS

These "anchor" the toppings and prevent the bases from becoming soggy; they can also be piped on top of canapés or small savouries for decoration. Make them at least a few hours beforehand and leave in a cool place to become firm before you use them. With 4 oz. butter, use one of the flavourings listed overleaf:

Anchovy Butter: 6 anchovies, mashed with a fork. (Or flavour and colour with anchovy sauce, cayenne and red colouring.)
Blue Cheese Butter: 2 oz. soft blue cheese.
Chutney Butter: 4 tbsps. smooth-textured chutney and a good squeeze of lemon juice.
Curry Butter: 2 level tsps. curry powder.
Devilled Butter: As for curry butter, but include some cayenne pepper.
Golden Butter: Sieved yolks of 2 hard-boiled eggs.
Green Butter: 2 oz. chopped watercress.
Ham Butter: 4 oz. minced cooked ham and a little mustard.
Horseradish Butter: 2 tbsps. horseradish sauce.
Lobster Butter: 2 oz. lobster coral.
Maître d'hôtel (Parsley) Butter: 2 tbsps. finely chopped parsley and a squeeze of lemon juice, with salt and cayenne pepper.
Onion Butter: 2 level tbsps. finely grated onion.
Pimiento Butter: 2 level tbsps. sieved canned pimiento.
Sardine Butter: 4 sardines, mashed with a fork.
Tomato Butter: 2 tbsps. tomato ketchup (or 2 tsps. tomato paste and 1 level tsp. sugar).

CREAM CHEESE SPREADS FOR CANAPÉS

These, too, can also be used for decorating canapés and small savouries. Use 3 oz. softened cream cheese and blend with one of the following flavourings:
Chive Spread: 1 level tbsp. finely chopped chives.
Guava Spread: 1½ mashed canned guavas and ½ level tsp. salt.
Ham Spread: 1 oz. finely chopped or minced ham.
Pimiento Spread: 1–1½ level tbsps. sieved canned pimiento.
Tuna Spread: 2 3 level tbsps. finely mashed tuna fish mixed with 1 tsp. vinegar or 1 tbsp. mayonnaise.

TOPPINGS AND DECORATIONS FOR CANAPÉS

Put one or more of the following toppings on the base, after spreading with a savoury butter or cheese spread:
Anchovies
Crab-meat
Prawns
Shrimps
Sardines, mashed with seasoning
Smoked salmon, thinly sliced
Flaked cooked fish or very small whole fish
Thin slices of cold meat, rolled or chopped
Liver sausage, cut with a fluted cutter
Pâté de foie or pâté de foie gras
Hard-boiled eggs, sliced, quartered or chopped
Slices or segments of Danish Blue or Gruyère cheese

Cream cheese, flavoured to taste
Small leaves of lettuce or watercress
Asparagus tips
Celery, chopped, or celery sprigs
Mushrooms, cooked
Rings or segments of tomato (preferably skinned)
Thin slices of cucumber, flat or in cones
Cooked beetroot, diced or sliced
Segments of fruit, such as pineapple
Stuffed olives, sliced or halved
Pickled onions, sliced
Cocktail onions
Green peas, cooked
Whole or chopped nuts

The canapés can be decorated with piped savoury butter or any simple savoury garnish. For a more formal occasion, canapés may be finished with a thin coating of aspic jelly in which case they should be served fairly quickly, so that the base does not become soggy.

ALMOND CHEESE BISCUITS

Cream cheese
A little milk
Small cheese biscuits
Salted almond halves

Cream the cheese with the milk and pipe on to the biscuits. Decorate each with 2 almonds.

ASPARAGUS CANAPÉS

Rye bread, sliced and buttered
Canned asparagus spears
Aspic jelly
Red pimiento, (fresh or canned) sliced

Cover the bread with the drained asparagus spears and glaze with the aspic jelly. Leave in a cool place to set. Cut the bread into fingers and decorate with strips of red pimiento.

CHEESE AND OLIVE PICK-UPS

¼ lb. blue cheese
¼ lb. enriched curd cheese
1 level tbsp. finely chopped chives
2 oz. black olives, finely chopped
1 tbsp. brandy
2 oz whole sweet almonds
Salty crackers, buttered

Blend the cheeses together with a fork. Add the chives, olives and brandy. Shape into a roll about 1 inch in diameter. Blanch, chop and toast the almonds. Roll the cream cheese in the almonds, place on a plate and chill well. Just before serving, slice the roll and serve on buttered crackers.

DERBY CANAPÉS

¼ lb. chopped ham
A little cream
A little mustard
Salt and pepper
Small round biscuits
Pickled walnuts, sliced

Pound together the ham, cream, mustard and seasoning. Spread the biscuits with the mixture and decorate each canapé with a slice of pickled walnut.

HAM CANAPÉS

Fried bread croûtes
Chive cheese
Small lettuce leaves
Ham slices
Pimiento strips

Spread the croûtes with the chive cheese and add a small piece of lettuce to each. Put a small roll of ham in the centre of the lettuce. Pipe chive cheese round the base of the canapés and lay a thin strip of pimiento across each ham roll.

PÂTÉ CANAPÉS

Bread croûtes
Butter
Foie gras
Stuffed olives, sliced

Cut rounds of bread about 1½ inches in diameter and fry in butter for 2–3 minutes, until golden brown; drain on crumpled kitchen paper. Spread the croûtes with foie gras and decorate the top of each with a slice of stuffed olive.

PICKLE DILLIES

8 slices of brown or white bread, cut ¼ inch thick
1 oz. butter
2–3 dill pickles
½ lb. Cheddar or Cheshire cheese, grated

Oven temperature: hot (425°F., mark 7)

Stamp out rounds from the bread slices, using a 1½-inch cutter. Butter them lightly. Place 1–2 thin slices of drained dill pickle on top of each. Cover with grated cheese, arrange on a baking sheet and bake towards the top of the oven for about 5 minutes, or until the cheese is bubbly. Serve hot. (About 36 rounds.)

ROQUEFORT SAVOURY FINGERS

2 oz. Roquefort cheese
2 oz. butter
½ liqueur glass of Calvados or Armagnac
Dry toast or brown bread, cut into narrow fingers

Mix the Roquefort cheese with the butter and pour in the Calvados or Armagnac. Blend to a really smooth paste and serve on fingers of toast or brown bread.

SARDINE PYRAMIDS

Two 4¼-oz. cans of sardines
Lemon juice
Salt and pepper
1 pkt. of small salted cracker biscuits
Finely chopped parsley
Cayenne pepper

Drain the sardines, remove the tails and mash the fish with a little of the oil from the can, some lemon juice and seasoning to taste. Mound a little sardine mixture on each biscuit, using a fork. Make a cross on the top of each mound, using a skewer dipped in the chopped parsley and another dipped in cayenne pepper. (About 24 biscuits.)

SMOKED SALMON CANAPÉS

Slices of brown bread
Butter
Slices of smoked salmon
Aspic jelly

Butter the bread and cover with slices of smoked salmon. Glaze with aspic jelly and leave to set. Beat a small quantity of butter until it is soft and put it into an icing bag or syringe. Cut each prepared piece of bread into 4 strips and decorate each canapé with a "rope" of piped butter.

TOMATO CANAPÉS

Fried bread croutes
Onion butter
Tomatoes, skinned and sliced
Black olives, halved, or sprigs of parsley to garnish the canapés

Spread the croûtes with the onion butter and put a slice of tomato on top of each. Decorate each canape with half a black olive or a sprig of parsley.

Dips and Dunks

A dip is a soft, well-flavoured mixture, hot or cold, and a dunk is a bite-size portion of something firm or crisp which can be dipped into it.

A hot dip usually has a base of white sauce to which various seasonings and flavourings can be added. (A notable exception is Fondue, for which we give recipes on pages 60–61.) Cream cheese can be combined with crushed avocado pear, shredded pineapple, flaked salmon or tuna, minced ham, chopped shellfish, celery, onion, hard-boiled egg, crisp bacon, nuts or chutney, or it may be mixed with cream, salad cream, white wine, beer or fruit juice and flavoured with herbs, curry powder or seasoned salt. Serve it in a decorative bowl, placed on a platter and surrounded by assorted "dunks" - pumpernickel strips, French bread, fingers of toast, crispbreads,

pretzels, potato crisps, celery sticks, radishes, pineapple chunks, avocado chunks, prawns, chunks of chicken or ham, carrot sticks, cocktail onions or apple segments.

You can buy small savoury biscuits, gristicks, potato crisps and so on to use as dunks, or you can cut French bread into small chunks or prepare raw salad "bites". For something more substantial, offer cooked chipolata sausages, fried scampi, tiny meat balls or cubes of grilled marinaded steak; fix them firmly on cocktail sticks so that they can safely be dipped into the savoury mixture.

BLUE CHEESE AND ONION DIP

2½ oz. blue cheese, softened
½ lb. cottage cheese
A little grated onion
⅛ pint (or ½ a carton) plain yoghourt

Blend all the ingredients together to a smooth cream.

CHEESY EGG DIP

A 6-oz. pkt. of soft cream cheese (preferably chive-flavoured)
2 tbsps mayonnaise
1 level tsp. prepared mustard
¼ level tsp. salt
½ tsp. Worcestershire sauce
⅛ level tsp. pepper
2 hard-boiled eggs, chopped
3 tbsps. milk

Mix all the ingredients to a thick cream.

CHIVE DIP

6 oz. cream cheese
3 tbsps. chopped chives
1½ tbsps. cream (if necessary)

Blend all the ingredients to a soft cream. Serve with chipolatas, cubed grilled steak or French bread.

DEVIL'S DIP

1 oz. butter
3 level tbsps. flour
½ level tsp curry powder
½ pint stock or milk
½ level tsp. cayenne pepper
2 tsps. vinegar
¼ pint double cream

Melt the butter in a pan, stir in the flour and curry powder and cook for 2 3 minutes. Gradually stir in the stock or milk, bring to the boil and continue to stir until it thickens; add the cayenne pepper and vinegar. If the dip is to be served hot, pour a little sauce into the cream, blend smoothly, return the mixture to the pan and re-heat without boiling. For a cold dip, cool the sauce, whip the cream and fold it in. Serve with carrot sticks, chipolatas or meat balls.

PIMIENTO DIP

4 oz. cream cheese
1 tbsp. cream
½ a green pepper, seeded and finely chopped
½ a red pepper, seeded and finely chopped
Salt and pepper

Blend the cream cheese and cream to a soft cream. Stir in the green and red peppers and season to taste. Serve with scampi, savoury biscuits or French bread.

SAVOURY ONION DIP

8 oz. cottage cheese
3 oz. soured cream
1 tbsp. chopped parsley
2 tsps. lemon juice
1 pkt. of onion soup mix

Break up the cottage cheese with a fork and mix in the soured cream, parsley and lemon juice. Stir in ¾–1 pkt. of onion soup mix (according to taste) and leave to stand for 1 hour before serving with gristicks or fingers of raw carrot or celery.

CHEESE AND GHERKIN STICKS

(See colour picture No. 1)

Spike a gherkin and a cube of any well-flavoured firm cheese on to each cocktail stick. Serve them, with some Savoury Puffs, (page 33) on a dish, with a bowl of Italian Tomato Sauce Dip in the centre. Decorate with fresh parsley or watercress. The cheese and gherkin titbits are dipped into the sauce before being eaten from the sticks.

ITALIAN TOMATO SAUCE DIP

(See colour picture No. 1)

1 tbsp. olive oil
1 clove of garlic, skinned and crushed
1 level tsp. mixed dried herbs
A sprig of parsley
A 15-oz. can of peeled whole tomatoes
Salt and pepper

Heat the oil slowly in a saucepan. Add the garlic and the herbs. Put the lid on the pan and shake it over a low heat for 2 3 minutes. Strain the oil into a basin. Add the tomatoes, mix well and pour into a saucepan Heat without a lid until boiling, then simmer until reduced to a thick pulp. Add the salt and pepper to taste. Sieve and serve hot or cold.

Pastry Savouries

Many cocktail savouries use pastry of one kind or another as a base. We give here the basic mixtures, followed by a selection of recipes employing them. Of the two cheese pastries, the first is better for flans, pies, etc., since it is easier to handle, while

the second, richer, one is especially suitable for small cocktail savouries.

The following notes should be useful when you are catering for a party:

½ lb. shortcrust (or cheese) pastry makes about 2 dozen tartlet cases, 1½–2 dozen small savouries, 2 dozen 2-inch sausage rolls, or a double-crust 8-inch pie.

½ lb. puff pastry gives about 2 dozen bouchée cases.

¼ lb. shortcrust (or cheese) pastry makes a 7-inch or 8-inch flan case.

½ lb. cheese pastry makes about 100 thin cheese straws.

2½ oz. choux pastry (see Cheese Eclairs, page 34) makes 15–18 small éclairs to fill with a savoury mixture.

Note: ½ lb. pastry means pastry based on ½ lb. flour.

SHORTCRUST PASTRY

4 oz. plain flour
A pinch of salt
1 oz. lard
1 oz. margarine
4 tbsps. (approx.) water

Sift the flour and salt together. Cut the fats into small knobs and add. Using both hands, rub the fat into the flour between finger and thumb tips. After 2–3 minutes there will be no lumps of fat left and the mixture will look like fresh breadcrumbs.

Add the water a little at a time, stirring with a round-bladed knife until the mixture begins to stick together. With one hand, collect it together and knead lightly for a few seconds to give a firm, smooth dough. The pastry can be used straight away, but it is better allowed to "rest" for 15 minutes. It can also be wrapped in polythene and kept in the refrigerator for a day or two.

When the pastry is required, sprinkle a very little flour on a board or table and roll out the dough evenly, turning it occasionally. The usual thickness is ⅛ inch; don't pull or stretch it. Use as required.

The usual oven temperature is hot (425°F., mark 7)

CHEESE PASTRY

4 oz. plain flour
A pinch of salt
2 oz. butter or margarine and lard
2 oz. Cheddar cheese, finely grated
A little beaten egg or water

Sift the flour and salt together and rub in the fat, as for shortcrust pastry, until the mixture resembles fine crumbs in texture. Mix in the cheese. Add the egg or water, stirring until the ingredients begin to stick together, then with one hand collect

the mixture together and knead very lightly to give a smooth dough. Roll out as for shortcrust pastry. Use as required.
The usual oven temperature is fairly hot (400°F., mark 4).

RICH CHEESE PASTRY

3 oz butter or margarine and lard
3 oz Cheddar cheese, finely grated
4 oz. plain flour, sifted
A pinch of salt
A little pepper (optional)

Cream the fat and cheese together until soft Gradually work in the flour, salt and pepper (if used) with a wooden spoon or a palette knife until the mixture sticks together. With one hand, collect it together and knead very lightly until smooth. Cover with greaseproof or waxed paper and leave in a cool place until required.
The usual oven temperature is fairly hot (400°F., mark 6).

ROUGH PUFF PASTRY

8 oz. plain flour
A pinch of salt
6 oz. fat (butter or margarine and lard mixed)
8 tbsps. (approx.) cold water to mix
A squeeze of lemon juice
Beaten egg to glaze

Sift the flour and the salt; cut the fat (which should be quite firm) into cubes about ¾ inch across. Stir the fat into the flour without breaking up the pieces and mix to a fairly stiff dough with the water and lemon juice. Turn on to a floured board and roll into a strip 3 times as long as it is wide. Fold the bottom third up and the top third down, then give the pastry half a turn so that the folds are at the sides. Seal the edges of the pastry by pressing lightly with a rolling pin. Continue to roll and fold in this way 4 times altogether. Leave to "rest" wrapped in greaseproof paper for about 30 minutes before using. Roll out and use as for flaky pastry

Rough puff gives a similar result to flaky pastry, but the flakes are not usually so even, so where even rising and appearance are particularly important, e.g. with patties and vol-au-vents, it is better to use flaky pastry. On the other hand, rough puff has the advantage of being quicker to make.

FLAKY PASTRY

8 oz. plain flour
A pinch of salt
6 oz. butter or a mixture of butter and lard
8 tbsps. (approx.) cold water to mix
A squeeze of lemon juice
Beaten egg to glaze

Sift together the flour and salt. Soften the fat by "working" it

with a knife on a plate; divide it into 4 equal portions. Rub one quarter of the softened fat into the flour and mix to a soft, elastic dough with the water and lemon juice. On a floured board, roll out the pastry into an oblong 3 times as long as it is wide. Put another quarter of the fat over the top two-thirds of the pastry in flakes so that it looks like buttons on a card. Fold the bottom third up and the top third of the pastry down and give it half a turn, so that the folds are now at the sides. Seal the edges of the pastry by pressing with the rolling pin. Re-roll as before and continue until all the fat is used up.

Wrap the pastry loosely in greaseproof paper and leave it to "rest" in a refrigerator or cool place for at least 30 minutes before using. This makes the handling and shaping of the pastry easier and gives a more evenly flaked texture.

Sprinkle a board or table with a very little flour. Roll out the pastry $\frac{1}{8}$ inch thick and use as required. Brush with beaten egg before baking, to give the characteristic glaze.

The usual oven temperature is hot (425°F., mark 7)

PUFF PASTRY

8 oz. plain flour
A pinch of salt
8 oz. butter (preferably unsalted)
8 tbsps. (approx.) cold water to mix
A squeeze of lemon juice
Beaten egg to glaze

Sift the flour and salt. "Work" the fat with a knife on a plate until it is soft, then rub in about $\frac{1}{4}$ oz. of it into the flour. Mix to a fairly soft, elastic dough with the water and lemon juice and knead lightly on a floured board until smooth. Form the rest of the fat into an oblong and roll the pastry out into a square. Place the fat on one half of the pastry and enclose it by folding the remaining pastry over and sealing the edges with a rolling pin. Turn the pastry so that the fold is to the side, then roll out into a strip 3 times as long as it is wide. Fold the bottom third up and the top third down and seal the edges by pressing lightly with the rolling pin Cover the pastry with waxed or greaseproof paper and leave to "rest" in a cool place or in the refrigerator for about 20 minutes. Turn the pastry so that the folds are to the sides and continue rolling, folding and "resting" till the sequence has been completed 6 times in all.

After the final "resting", shape the pastry as required. Always brush the top surfaces with beaten egg before cooking.

The usual oven temperature is very hot (450°F., mark 8)

ANCHOVY TWISTS

Scraps of flaky or shortcrust pastry
Anchovy fillets
Lemon juice
Beaten egg

Oven temperature: very hot (450°F., mark 8)
Roll the pastry ⅛ inch thick and cut it into strips. Lay a strip of anchovy on top of each and sprinkle with lemon juice. Twist the two together, brush with beaten egg and bake towards the top of the oven for 8 minutes.

CHEESE BISCUITS AND BUTTERFLIES

2 oz. cheese pastry
4 oz. cream cheese
A little milk
Finely chopped parsley
Paprika pepper, anchovies sliced olives, etc.

Oven temperature fairly hot (400°F., mark 6)
Roll the pastry out thinly and cut in small rounds. Bake just above the centre of the oven for 10–15 minutes, then cool. Mix the cheese with milk to a piping consistency and pipe a large star or whirl on each round. Decorate with parsley, paprika, etc., or set 2 half-biscuits in the cheese to make "butterfly wings".

CHEESE DARTOIS

(See colour picture No. 2)

1 egg, beaten
1 oz. butter, melted
2 oz. Cheddar cheese, grated
Salt and pepper
4 oz. flaky pastry
Beaten egg to glaze

Oven temperature: fairly hot (400°F., mark 6)
Mix the beaten egg, butter and cheese to a smooth cream and season well. Roll out the pastry into a square, cut it in half and place one half on a baking tray. Spread the cheese mixture over the pastry to within ¼ inch of each edge. Damp the edges with water and cover with the remaining pastry. Glaze with the beaten egg and mark the pastry into fingers. Bake towards the top of the oven for about 10–15 minutes, until well-risen and golden-brown. Cut into small squares or fingers before serving. (Makes 8–10 pieces.)

CHEESE STRAWS

(See colour picture No. 2)

4 oz. plain flour
Salt, cayenne and paprika pepper
2 oz. butter
2 oz. strong Cheddar cheese, grated
1 egg yolk
Cold water to mix

Oven temperature: fairly hot (400°F., mark 6)
Season the flour with the salt and cayenne. Rub in the butter to give the texture of fine crumbs. Mix in the cheese and the egg yolk and enough cold water to give a stiff dough. Roll out the pastry thinly and trim into oblongs 8 inches long and 2½ inches wide. Put on to a greased baking tray and cut each into

straws 2½ inches long and ¼ inch wide, separating them as you cut. Roll out the remaining pastry and cut rounds with a 2-inch plain cutter, then cut out the centre of the rounds with a 1½-inch plain cutter; put on to the baking tray. Bake towards the top of the oven for 10–15 minutes, until pale golden in colour. Remove from the oven and cool slightly on the tray before cooling completely on a wire rack. Dust the ends of the straws with paprika and put a few in each ring before serving.

CHEESE KNOTS

(See colour picture No. 2)

Oven temperature: hot (425°F., mark 7)

Cut strips of cheese pastry about ½ inch wide and 7–8 inches long. Knot each strip on itself, as seen in the picture, brush over with egg yolk and bake towards the top of the oven for 10–15 minutes, till golden brown.

CHEESE AND MUSHROOM TARTLETS

(See colour picture No. 2)

4 oz. cheese pastry
1 egg, beaten
2 oz. mushrooms, washed and chopped
¼ pint milk
2 oz. cheese, finely grated
Salt and pepper
Paprika pepper or parsley to garnish

Oven temperature: fairly hot (400°F., mark 6)

Roll the pastry out very thinly, stamp into rounds with a 3-inch cutter and line some patty tins; prick with a fork. Mix the egg with the mushrooms, milk and cheese and season. Divide the mixture between the patty tins the filling should not quite reach the top of the pastry cases. Bake just above the centre of the oven for 15–20 minutes, until the pastry is brown and the filling set. Serve warm or cold, dusted lightly with paprika or garnished with parsley sprigs (About 20.)

HOT CREAM CHEESE TARTLETS

4 oz. shortcrust pastry
1 oz. cream cheese
Salt and pepper
¼ pint thick white sauce
½ tsp Worcestershire sauce
1 egg separated
Finely grated Parmesan cheese
Paprika pepper or parsley to garnish

Oven temperature: fairly hot (375°F., mark 5)

Roll out the pastry and use it to line some small patty tins. Beat the cream cheese until soft, then add the seasoning, sauces and egg yolk. Beat the egg white until stiff and fold it into the mixture. Three-quarters fill the pastry cases with this mixture and bake just above the centre of the oven for about 15 minutes. Before serving, sprinkle a little grated Parmesan cheese on top of each tartlet.

CHEESE AND BACON TARTLETS

3–4 oz. flaky pastry
2 oz. cooked bacon (or ham), chopped
1 egg, beaten
¼ pint milk
Salt and pepper
4 oz. cheese, grated

Oven temperature: fairly hot (400°F., mark 6)

Roll out the pastry and line some patty tins. Put a little chopped bacon or ham in each. Beat the egg, milk and seasoning together and divide the mixture between the tartlets. Sprinkle the grated cheese over the custard filling and bake towards the top of the oven for about 15 minutes. Serve hot or cold.

LIVER PÂTÉ PUFFS

2 oz. liver pâté or liver sausage
Salt and pepper
8 oz. puff pastry (home-made or bought)

Oven temperature: very hot (450°F., mark 8)

Blend the pâté or sausage with salt and pepper to taste. Roll out the pastry until very thin and cut into a dozen 3-inch squares. Put a little mixture on each pastry square, damp the edges well, fold over to form triangles and seal with a fork. Put the puffs on a baking tray and cook near the top of the oven for 10–12 minutes until risen and golden. Serve hot or cold as an appetiser or cocktail party titbit.

SAVOURY HORNS

Oven temperature. hot (425°F., mark 7)

Roll out some puff pastry thinly and cut into long strips 5–6 inches long and ½ inch wide. Damp one edge of each strip with water and wind it round a greased cream horn case, overlapping the pastry slightly each time. Brush with beaten egg and bake towards the top of the oven for 10–15 minutes. Remove from the cases, cool and fill with a mixture of savoury white sauce and chopped mushrooms, chicken or ham. (½ lb. pastry makes about 30.)

Cheese pastry is sometimes used to make savoury horns.

SAVOURY PLAITS

(See colour picture No. 2)

Oven temperature: hot (425°F, mark 7)

Roll out 4 oz. cheese pastry into a strip 6–7 inches wide and cut it into fingers 1 inch wide. Divide each finger into three by cutting lengthwise, but leave about ¼ inch still joined at one end. Plait the strands, seal the ends together and bend each plait round into a horseshoe. Brush over with egg yolk and bake towards the top of the oven for 10–15 minutes, till golden brown.

SAVOURY TRIANGLES

(See colour picture No. 2)

Oven temperature: hot (425°F., mark 7)

Roll out some cheese pastry, cut it into triangles and spread lightly with yeast extract. Bake towards the top of the oven for about 10 minutes.

SHRIMP TARTLETS

(See colour picture No. 2)

4 oz. cheese pastry
½ oz. butter
½ oz. flour
¼ pint milk
3 oz. shelled shrimps
Shrimps and parsley to garnish

Oven temperature: fairly hot (400°F, mark 6)

Roll the cheese pastry out thinly; cut into rounds and line patty tins. Prick the bases and bake towards the top of the oven for 10–12 minutes. When cooked, remove from the tins.

Make up a white sauce with the butter, flour and milk. Cut up the shrimps if large and add to the sauce. Divide the mixture between the tartlet cases. Serve hot, garnished with more shrimps and parsley.

TINY SAUSAGE ROLLS

Make as for ordinary sausage rolls (see page 50), but much smaller only about 1½–2 inches long.

Note: 1½ lb. shortcrust or flaky pastry and 2 lb. sausage-meat make about 50 small rolls.

SAVOURY BOUCHÉES (PATTIES)

Oven temperature: hot (425°F., mark 7)

Roll out ½ lb. flaky pastry ¼–½ inch thick. Using a 2-inch cutter, cut into rounds and put on a baking tin. Cut half-way through the centre of each with a ½-inch round cutter, glaze the tops with egg and bake towards the top of the oven for 10 minutes, then reduce the heat to moderate (350°F., mark 4) and cook for a further 5–10 minutes. Remove the soft centres and cool the cases on a rack. Fill the patties when cold. (Makes about 2 dozen cases.)

The basis for most fillings is thick white sauce or cheese sauce (see pages 157-158). To ½ lb. pastry allow ½ pint sauce, plus an ingredient such as the following:

6 oz. picked shrimps, prawns or other shellfish.

4 oz. chopped or minced chicken with 2 oz. minced or chopped ham or 2 oz. chopped fried mushrooms.

4–6 oz. flaked canned or fresh salmon.

4 oz. diced ham and 2 oz. tongue or cooked veal.

6 oz. chopped ham and 2 oz. cooked mushrooms.

6 oz. chopped cooked mushrooms in a cheese sauce; sprinkle patties with grated cheese and brown under grill.

2 peeled and cut-up tomatoes and 3 oz. finely grated cheese.

CHAPTER 2

After-dinner savouries

These piquant or salty highly-flavoured morsels make a delicious end to a good meal. Remember, however, that if they are to be served hot they must be really piping hot. Some of these savouries would be equally welcome at a cocktail or wine and cheese party, provided you can cope with the service problem.

A number of the recipes are based on pastry – if necessary, turn to the basic pastry recipes on pages 20 to 22.

Unless otherwise indicated, the recipes give 4 servings.

ANGELS ON HORSEBACK

1 doz. oysters
½ doz. rashers of bacon, rinded
Pepper
Lemon and parsley garnish

Drain the oysters from their liquor. Cut the rashers in halves. Season the oysters with lemon juice and pepper, roll each in a half-rasher of bacon and cook under a hot grill. Pile on a dish, garnish with lemon slices and sprigs of parsley and serve hot.

SHRIMPS IN ANCHOVY SAUCE

1 pint shrimps
½ pint well-seasoned anchovy sauce (see 158)
Nutmeg
Salt and pepper
Crescents of fried or toasted bread

Shell the shrimps. Add a little ground nutmeg to the sauce and re-season if necessary. Add the shrimps and heat through. Put the mixture into individual ovenproof dishes or scallop shells and serve bordered with the fried or toasted bread crescents.

Note: If preferred, use ½ lb. bottled, canned or frozen shrimps, in which case omit the nutmeg and reduce the seasoning.

HAM AND EGG RAMEKINS

4 oz. ham, cooked
Butter
1 oz. flour
½ pint milk
Salt and pepper
4 eggs

Oven temperature: moderate (350° F., mark 4)

Chop the ham very small. Make a white sauce with 1 oz. butter, flour and milk; season to taste and mix with the ham. Lightly butter 4 small individual dishes and spread the bottom and sides with the mixture. Break the eggs one by one into a cup, slide one into each dish, dot with butter and bake in the centre of the oven until set – about 12 minutes. Serve hot.

Variation

Replace the ham by left-overs of cold cooked chicken or sautéed mushrooms.

PRUNE ROLLS

8 large prunes
8 olives, stoned
3–4 anchovy fillets
16 capers
8 small, thin pieces of streaky bacon

Oven temperature: very hot (450° F., mark 8)

Soak the prunes overnight and remove the stones. Stuff each olive with a piece of anchovy and 2 capers and place them inside the prunes. Roll a piece of bacon round the outside of each prune, secure with a cocktail stick, and bake towards the top of the oven or grill for 10 minutes. Serve hot.

CHICKEN LIVERS AND BACON

Allow 1–2 chicken livers per person. If they are frozen, thaw out before cooking. Wash the livers and dry thoroughly, wrap a rasher of streaky bacon round each and secure with a cocktail stick. Grill under a medium grill until they are golden brown and the liver is cooked. Serve hot.

CHICKEN LIVERS ON TOAST

3–4 oz. chicken livers
Seasoned flour
Butter for frying
4 rounds of bread about 2 inches in diameter
½ glass of sherry or Madeira
1–2 oz. mushrooms, sliced (optional)

Wash and dry the livers, cut them in small pieces and coat them with the seasoned flour. Melt some butter in a frying-pan and fry the bread for 2–3 minutes until golden; remove it from the pan. Add more butter, put in the prepared livers and stir them over the heat until they are browned. Add the sherry or Madeira, mix well and cook slowly for 10–15 minutes. Place the livers on the croûtes of fried bread. If the mushrooms are used, cook them with the livers. Serve hot.

DEVILLED CHICKEN SAVOURIES

6 oz. cooked chicken pieces
2½ level tsps. curry paste
1 level tsp. mustard
2 level tsps. hot chutney
2 tsps. mushroom ketchup
2 oz. butter
4 rounds of fried bread
4 gherkins

Remove the chicken from the bones and cut into small pieces. Mix together the curry paste, mustard, chutney, ketchup and butter and then combine with the chicken. Put the mixture into a small pan and re-heat gently over a low heat. When it is piping hot, pile it on the fried bread, garnish with sliced gherkins and serve immediately.

CROÛTES OF FRIED CHEESE

6 Petit Suisse cheeses (or ¼ lb. Gruyère)
1 egg, beaten
2 oz. white bread-crumbs
12 small rounds of bread
1–2 oz. butter
Watercress to garnish

Divide each small cheese in half (or cut rounds of the Gruyère cheese). Brush over with beaten egg, coat with bread-crumbs; repeat this process twice, to make a really firm covering. Fry the rounds of bread golden brown in the butter, then fry the cheese. Place the cheese on the croûtes and garnish with watercress. Serve hot. (Makes 12.)

DEVILS ON HORSEBACK

8 blanched almonds
Olive oil
Salt
Cayenne pepper
8 large, plump Californian prunes
4 thin rashers of streaky bacon, rinded
8 rounds of bread, about 2 inches in diameter
2 oz. butter
Watercress

Fry the almonds for 2–3 minutes in a little oil, until they are golden brown, and toss them in a little salt and cayenne pepper. Remove the stones from the prunes and put the almonds in their place. Flatten the bacon rashers with a knife blade, cut in halves and roll around the prunes; secure with a cocktail stick or small wooden skewer and cook under a medium grill, turning them until all the bacon is golden brown. Meanwhile fry the bread for 2–3 minutes in the butter, until golden. Put a prune on each piece, garnish with watercress and serve at once.

Note: If you prefer, omit the almonds.

GOLDEN FILLET TOASTS

2 golden fillets
2 oz. butter, melted
4 tbsps. cheese, grated
Fingers of buttered toast
Chopped parsley or chives

Parboil the fillets for 5 minutes, remove the skin and flake the fish. Heat it through in the melted butter and add the grated cheese. Pile it on the fingers of buttered toast and sprinkle with the chopped parsley or chives. Serve hot.

HAM FINGERS

2 slices of bread
Butter for frying
3 oz. cooked ham, finely chopped
2 eggs, beaten
1–2 tbsps. milk
Salt and pepper

Fry the bread in some butter for 2–3 minutes, until golden; cut into fingers. Add more butter to the pan and fry the ham gently for 2 3 minutes. Whisk the eggs with the milk and seasoning, pour the mixture into the pan and stir slowly over a gentle heat until it begins to thicken; remove from the heat and stir until creamy. Pile on to the fried bread and serve hot. (Makes 4–6.)

MUSHROOM AND BACON SAVOURIES

6 oz. large mushrooms
1 rasher of bacon, rinded and chopped
1 oz. fat
A few stalks of chives, chopped
Salt and pepper
Chopped parsley
¼ pint stock
1 oz. flour
Fried or toasted bread

Wipe and trim the mushrooms, but do not remove the skin and stalks; cut each into two. Fry the bacon in the fat · add the mushrooms, chives, seasoning and parsley. Add most of the stock and continue cooking for 10 minutes. Blend the flour with a little cold stock, add it to the mixture and cook for 2 3 minutes more. Serve on fried or toasted bread.

SARDINE SLICES

4 large sardines
4 slices of fried bread or toast
Paprika pepper
Grated cheese
Watercress

Place the sardines on slices of fried bread or toast and sprinkle them with paprika pepper and grated cheese. Brown under a hot grill and serve with watercress.

SCOTCH WOODCOCK

1 large slice of bread
Butter
A 2-oz. can of anchovies
2 3 tbsps. milk
1 egg, beaten
Salt and pepper
Pieces of canned pimiento or paprika pepper to garnish

Toast the bread, remove the crusts, butter the toast and cut it into triangles. Reserve 2 anchovy fillets for garnish, sieve the

rest and spread on the toast triangles. Melt ½ oz. butter in a saucepan. Whisk together the milk, egg and seasoning, pour into the pan and stir slowly over a gentle heat until the mixture begins to thicken. Remove from the heat and stir until creamy. Spread the mixture on top of the anchovy toast, garnish with thin strips of anchovy fillet and add pieces of pimiento or a sprinkling of paprika.

STUFFED MUSHROOM CROÛTES

6 medium-sized mushrooms
½ oz. butter
2 tsps. chopped onion
1 oz. cooked lean bacon or ham, chopped
2 tbsps. white bread-crumbs
2 tsps. chopped parsley
Salt and pepper
A little white sauce if required (see p. 157)
6 croûtes of fried bread

Oven temperature: moderate (350°F., mark 4)

Wash the mushrooms and remove the skin and stalks. Chop the stalks finely and fry them in the butter with the onion; add the bacon, crumbs and parsley and season well. Moisten with sauce and pile the mixture on the mushrooms. Bake in the centre of the oven for 10–15 minutes and then serve on the fried croûtes. Serve hot.

WOODCOCK TOASTS

2 chicken livers, cooked
2 tsps. anchovy essence
1 oz. butter
1 egg yolk
3–4 tbsps. cream
4 buttered toast fingers
Chopped parsley

Pound the chicken livers with the anchovy essence, butter and egg yolk and sieve. Add the cream and heat gently, stirring well, till the mixture thickens. Spread on hot toast and garnish with parsley.

BEL PAESE PUFFS

1 oz. butter
4 oz. self-raising flour
Salt, pepper and cayenne pepper
6–8 tbsps. boiling water
4 oz. Bel Paise cheese, sliced
Fat for deep frying

Rub the fat into the flour and seasonings, pour in the boiling water and mix to a pliable dough. Beat until smooth, turn the dough on to a floured board and knead lightly. Leave for a few minutes to become firm enough to handle, roll out fairly thinly and cut into 2-inch squares. Put a triangle of cheese on each square, wet the edges of the pastry, fold over into a triangle and seal the edges by pressing with a fork. Fry in deep fat until crisp and golden. Drain well on crumpled kitchen paper and serve hot.

CHEESE AND BACON ROLLS

2 oz. puff pastry
4 rashers of bacon
4 1-inch knobs of cheese
Egg for glazing
A little grated cheese

Oven temperature: very hot (450°F, mark 8)

Roll the pastry out $\frac{1}{8}$ inch thick and cut into strips measuring about 4 by $1\frac{1}{2}$ inches. Place a strip of bacon on each piece of pastry, put on a knob of cheese, and roll up. Place the rolls on a baking tin, brush with egg and sprinkle with grated cheese. Bake towards the top of the oven until they are brown and crisp - about 10 minutes. Serve hot.

CHEESE FINGERS

Cut some cheese (e.g., Gruyère or a good English cooking cheese such as Cheddar) into $\frac{1}{2}$–1 inch wide fingers. Roll out some flaky pastry thinly, cut into oblongs and enclose the cheese in this, damping the edges of the pastry and sealing well. Fry in hot deep fat until golden and crisp, drain well and serve hot.

CRAB TARTLETS

4 oz. flaky pastry
$\frac{1}{4}$ pint white sauce (see p. 157)
A 3$\frac{1}{2}$-oz. can of crab-meat
$1\frac{1}{2}$ oz. cheese, grated
2 oz. almonds, blanched and chopped
Salt and pepper

Oven temperature: hot (425°F., mark 7)

Roll the pastry out thinly and line patty tins with it. Mix together all the other ingredients, reserving half of the cheese and the nuts. Fill the cases with the mixture, sprinkle the remaining cheese and nuts on top. Bake towards the top of the oven for 15 minutes. Serve hot.

MUSHROOM PUFFS

8 oz. mushrooms
Salt and pepper
A knob of butter
$\frac{1}{4}$ pint sour cream or milk
Flour or cornflour, if required
$\frac{1}{2}$ lb. puff or flaky pastry
Egg to glaze

Oven temperature: hot (425°F., mark 7)

Peel and slice the mushrooms rather thickly if large – smaller mushrooms should be quartered or halved. Put them into a pan with the seasoning, butter and sour cream; stew them until tender. (If milk is used, thicken this with a little cornflour or flour.) Allow to get cold. Cut some thinly rolled pastry into rounds, using a large pastry cutter, put a little of the filling on each, then damp the edges and seal them. Turn the puffs upside-down, make slits in the top and glaze with beaten egg.

Bake just above the centre of the oven for about 15 minutes, until lightly coloured. Serve hot. (Serves 4–6.)

SAVOURY PUFFS

(See colour picture No. 1)

12 oz. smoked haddock
½ pint milk
3 oz. semolina
1 egg, separated
2 tsps. chopped parsley
1 level tsp. dry mustard
Salt and pepper
White bread-crumbs to coat
Fat for frying

Put the haddock into a saucepan, add half the milk, heat slowly until boiling and simmer for 3 minutes. Strain off the milk and heat it with the remaining milk until boiling. Stir in the semolina, sprinkling it in a little at a time, and simmer for 3–4 minutes. Remove from the heat. Mix in the finely flaked, boned and skinned haddock, the egg yolk, parsley, mustard (mixed smoothly with 1 tsp. cold milk) and salt and pepper to taste. Leave to cool. Shape into about 16 equal-sized balls, using a little flour to prevent sticking. Coat with the slightly beaten egg white and the bread-crumbs and fry in hot fat until golden. Drain well, spear with cocktail sticks and serve hot. *Note:* The puffs can be prepared several hours ahead, coated and fried beforehand and kept hot for a short time in the oven.

SHRIMP CURRY PUFFS

4 oz. flaky or rough puff pastry
¼ pint shelled shrimps (or a 4-oz. pkt. of frozen shrimps, thawed)
¼ pint thick white sauce flavoured with curry powder (see p. 157)
Beaten egg

Oven temperature: very hot (450°F., mark 8)

Roll out the pastry thinly and cut it into rounds, using a 1½-inch plain cutter. Mix the shrimps with enough curry sauce to bind and put a little of this mixture into the centre of half the pastry rounds. Moisten the edges with water and place another pastry round on top of each. Seal the edges and flake them. Brush over with egg and bake towards the top of the oven for 10–15 minutes, until golden brown. Serve hot.

SMOKED SALMON TARTLETS

4 oz. shortcrust pastry
5 oz. cream cheese
Salt and pepper
1½ eggs, beaten
1½ oz. ham
1½ oz. smoked salmon
1 oz. Gruyère cheese

Oven temperature: hot (425°F., mark 7)

Roll out the pastry and line patty tins with it. Sieve the cream cheese, season and beat in the eggs a little at a time. Cut the

ham and salmon into shreds and mix in carefully. Fill the tartlets with this mixture, cut the Gruyère into thin slices and lay these over the top of the tartlets. Bake towards the top of the oven until golden brown and crisp – about 15 minutes. Serve hot.

CHEESE AIGRETTES

1½ oz. butter
¼ pint water
2½ oz. plain flour, sifted
2 eggs, beaten
2 oz strong cheese, grated
Salt, pepper and cayenne pepper
Fat for deep frying

Heat the butter and water in a saucepan until the fat dissolves and bring it to the boil Remove from the heat, add the flour all at once and beat well until the paste is smooth and leaves the sides of the pan. Allow it to cool slightly, then beat in the eggs gradually Add the cheese and season well. Heat the pan of fat until it will brown a 1-inch cube of bread in 20 seconds and drop in teaspoonfuls of the choux mixture. Fry until golden about 5 minutes drain well.

CHEESE ÉCLAIRS

1½ oz. butter
¼ pint water
2½ oz. plain flour, sifted
2 eggs, beaten
½ pint cheese sauce (see below)

Oven temperature: fairly hot (400°F., mark 6)

Melt the fat in the water and bring to the boil; remove from the heat and quickly tip in the flour all at once. Beat until the paste is smooth and forms a ball in the centre of the pan. (Take care not to over-beat, or the mixture becomes fatty.) Allow to cool slightly, then beat in the eggs gradually, adding just enough to give a smooth, glossy mixture of piping consistency. Using a forcing bag with a ½-inch nozzle, pipe 2-inch lengths or small balls of the paste on to a baking tray and bake towards the top of the oven for about 30 minutes, until the éclairs are well-risen, crisp and golden brown. Remove from the tin, slit down the sides with a sharp-pointed knife to allow the steam to escape and leave on a rack to cool. When they are cold, fill with cold cheese sauce, or with softened cream cheese mixed with a little anchovy paste. (Makes 15–18.)

CHEESE SAUCE FOR ÉCLAIRS

1 oz. butter
1 oz. flour
½ pint milk
Salt and pepper
A pinch of cayenne (optional)
A pinch of dry mustard
A little single cream, (optional)
2–4 oz. strong cheese, grated

Melt the butter, add the flour and mix with a wooden spoon until smooth. Cook over a gentle heat for 2–3 minutes, stirring until the mixture begins to bubble. Remove it from the heat and add the milk gradually, stirring after each addition to prevent lumps forming. Bring the sauce to the boil, stirring continuously, and when it has thickened, cook for a further 1–2 minutes. Add the seasonings and stir in the cream and cheese. Do not re-boil, or the cheese will be over-cooked.

CHEESE MERINGUES

2 egg whites
2 level tbsps. Parmesan cheese, grated
Salt and cayenne pepper
Fat for deep frying
Parsley or watercress

Whisk the egg whites stiffly and fold in the cheese and seasonings. Heat the fat to 350°F., or until a 1-inch cube of bread turns brown in 60 seconds. Drop in 1 tbsp. of the cheese mixture at a time and cook until golden brown – 2–3 minutes. Drain well on crumpled kitchen paper and serve hot, garnished with parsley or watercress.

HOT SOUFFLÉS – BASIC MIXTURE

3 eggs
1 oz. butter
1 oz. flour
¼ pint milk
Salt and pepper
Filling (see below)

Oven temperature: fairly hot (400°F., mark 6)

Grease a 7-inch soufflé dish. Separate the eggs. Melt the butter, stir in the flour and cook for 2–3 minutes. Gradually stir in the milk and bring to the boil, stirring all the time. Cool slightly and add the filling. Add the egg yolks one at a time, beating well, and season. Stiffly whisk the egg whites, fold these into the mixture and put it into the soufflé dish. Bake in the centre of the oven for about 35 minutes, until well risen and brown. (Sufficient for 4 servings.)

Soufflé Fillings and Flavourings

Note: Don't use too great a weight of filling or the soufflé will be heavy.

Ham: 3 oz. cooked ham, finely chopped.

Fish: 3 oz. cooked smoked haddock, finely flaked.

Mushroom: 3–4 oz. mushrooms, chopped and cooked in butter until tender.

HOT CHEESE SOUFFLÉ

1 oz. butter
½ oz. plain flour
¼ pint milk
3 oz. cheese, grated
3 eggs, separated
Salt and pepper to taste

Oven temperature: fairly hot (400°F., mark 6)

Grease a 7-inch soufflé dish. Melt the butter, stir in the flour and cook for 2–3 minutes. Gradually stir in the milk and bring to the boil, stirring all the time. Cool slightly and stir in the cheese. Add the egg yolks one at a time, beating well, and season the mixture. Whisk the egg whites stiffly, fold them in and put the mixture into the soufflé case. Bake in the centre of the oven for about 35 minutes, until well risen and brown.

CHEESE SOUFFLÉ SURPRISE

4 eggs
1 oz. butter
½ oz. plain flour
¼ pint milk
3 oz. cheese, grated
Salt and pepper
Thinly cut slices of cheese

Oven temperature: fairly hot (375°F., mark 5)

Grease a 7-inch soufflé dish.

Separate 3 of the eggs. Melt the butter and stir in the flour, gradually add the milk and bring to the boil, stirring Cool slightly; add the cheese, the seasoning and the egg yolks one by one, beating well. Fold in the very stiffly beaten egg whites, put half the mixture into a prepared soufflé case, break the fourth egg into the centre and cover with the remaining mixture. Cut the thinly sliced cheese into strips and place diagonally on the top as a garnish. Bake in the centre of the oven for about 35–40 minutes, until well risen and brown. Serve at once.

QUICK-AND-EASY SOUFFLÉS

Using a can of Condensed Soup (any flavour, e.g., mushroom)

Beat 3 egg yolks into the soup; whisk 3 egg whites till stiff and fold in. Put into a 6-inch soufflé case and cook towards the top of a moderate oven (350°F., mark 4) for 35 minutes.

Using a Packet of Soup (any flavour)

Melt 1 oz. butter and stir in the soup powder; gradually stir in ¼ pint milk and bring to the boil Beat in 3 egg yolks, whisk 3 egg whites till stiff and fold in. Put into a 7-inch soufflé case and cook towards the top of a moderate oven (350°F., mark 4) for 30 minutes.

CHAPTER 3

Buffet party savouries

Some of these savouries are attractive and imposing as the centrepiece of a buffet table – others are small individual items that make for easy service. Usually an assortment of both kinds is needed to provide variety and make a really tempting array. We also include some hot flans, which are good for a winter buffet or a fork luncheon, together with a good pizza recipe and some small hot savouries. Some of those given as cocktail or after-dinner savouries could also be used. Unless otherwise indicated, these recipes give 4 servings; allow 2-3 items per person.

In setting out the buffet, try to alternate the individual savouries (or sweets) with the larger things such as moulds, which need to be cut and served, so that you do not have a "traffic jam" at one point. Be sure that there are ample supplies of plates, cutlery, serving implements and table napkins.

Aspics, Moulds, Flans

Aspic jelly is an integral part of many buffet party savouries, and it may also be used to coat small canapés and so on (but don't add it till shortly before the meal, or it may make the savoury soggy). You can of course use a prepared aspic jelly mixture, made up according to the directions, or you can make your own, as follows:

ASPIC JELLY FOR COLD SAVOURIES

1 small piece of carrot
1 small onion
½ a stick of celery
¾ pint water
⅛ pint sherry
⅛ pint white vinegar
Rind and juice of ½ a lemon
4 peppercorns
A pinch of salt
White and shell of 1 egg
1 oz. gelatine

Cut the vegetables into large pieces. Put all the ingredients into a pan and stir until the gelatine has dissolved. Whisk briskly until a good froth is formed, remove the whisk and bring quickly to the boil. Draw to one side of the stove, leave for 10 minutes and strain through a jelly cloth.

SLICED MEAT IN ASPIC

Trim some slices of ham, tongue, cold meat or chicken. Make up about ½ pint aspic jelly and set a little of it in the bottom of a shallow tin. Arrange slices of the ham or cold meats in layers in the tin, cover with more aspic jelly and allow to set. When the jelly is quite firm, turn out, cut into slices and serve on slices of brown bread and butter.

CHICKEN AND HAM SLICES

1 pint aspic jelly
2 eggs, hard-boiled and chopped
6 oz. ham, minced
6 oz. chicken, minced
Brown bread and butter
Parsley or watercress
Red pepper

Divide the jelly into three portions and mix one with the chopped eggs, one with the ham and one with the chicken. Set the ham mixture in the bottom of a Swiss roll tin; when quite firm, set the egg mixture on this, then add the chicken jelly. Leave to set quite firmly, then turn out and cut into strips or slices about 1 by 2 inches. Arrange these on pieces of brown bread and butter cut to the same size, and decorate with a little parsley or watercress and red pepper. (Approx. 40 pieces.)

VENETIAN HAM HORNS

½ lb. sliced cooked lean ham
Stiff aspic jelly
½ oz. gelatine
⅛ pint aspic jelly
¼ pint mayonnaise
½ pint vegetable macédoine
Salt and pepper

Cut the ham in small triangles, dip each piece into liquid aspic jelly and slip it inside a metal cream horn case. Stand these moulds upright in a bowl of ice. Dissolve the gelatine in the ⅛ pint aspic jelly and mix with the mayonnaise, vegetable macédoine and seasoning to taste. Fill this mixture into the ham horns and leave to set firmly. Unmould by dipping the cases for a moment into hot water. (4–6 servings.)

EGGS IN ASPIC

Hard-boiled eggs
Salt and pepper
Cream cheese
Chopped chives
Aspic jelly
Cooked carrots and peas

Cut the eggs in half and cream the sieved yolks with the seasoning, a little cream cheese and a little chives. Place this mixture in the egg-white cups and put the eggs together again Set them in small jelly moulds in aspic jelly with pieces of carrot and green peas. Unmould when set and serve with a green salad.

COLD EGG DARIOLES

2 eggs, hard-boiled
3 tbsps finely chopped parsley
2 tbsps. mayonnaise or salad dressing
½ pint aspic jelly

Separate the egg yolks from the whites and sieve the yolks and whites into separate bowls. Have the chopped parsley in another bowl and the mayonnaise in a fourth. Put 4 tbsps. of liquid aspic jelly into each bowl and mix well. Have ready 4 dariole moulds, rinsed out with cold water. Into each mould put 1 tbsp. of the egg yolk mixture and leave to set; next put in 1 tbsp. of egg white mixture and leave to set, then add the parsley mixture and lastly the mayonnaise mixture. Leave until quite set, unmould and serve with lettuce, sliced tomatoes or other salad.

JELLIED EGGS

1 slice of ham
4 eggs
½ pint aspic jelly
1 tbsp. finely chopped parsley

Cut the ham into small pieces and arrange in the bottom of 4 individual glass dishes. Poach the eggs so that the white is just set and the yolk still "runny". Carefully transfer the eggs to the dishes When they are cool, cover with aspic jelly, sprinkle a little chopped parsley on top of each and leave to set.

CHAUDFROID OF EGGS

4 eggs, hard boiled
½ oz. gelatine
¼ pint stock
½ pint white sauce
½ pint tomato sauce
4 tbsps. cream or top of the milk
¼ pint aspic jelly
Hard boiled egg white, tomato and lettuce

Cut the eggs in half lengthways and put them on a rack cut side downwards. Dissolve the gelatine in the warmed stock and add half to the white sauce and the other half to the tomato sauce. Add 2 tbsps. cream or top of the milk to each sauce, then leave until nearly setting. Coat half the eggs with the white sauce and the rest with the tomato sauce. When they are quite set, coat with liquid aspic jelly and decorate with pieces of egg white and tomato. Serve on a bed of shredded lettuce (or endive, chicory or watercress).

TOMATOES IN ASPIC

4 large tomatoes
4 eggs
Salt and pepper
¼ pint aspic jelly
Lettuce
Mayonnaise (optional)

Cut the top off each tomato and scoop out the pulp. Break the eggs separately, put one in each tomato case and add seasoning. Put the tomatoes carefully into a pan and steam gently over boiling water for 5–10 minutes, until the eggs are just set. Gently remove them from the pan and cool them on a plate. When they are quite cold, stand each tomato in a patty tin, coat with aspic jelly and leave to set. Turn them out and serve on lettuce. Coat with mayonnaise if desired.

LOBSTER CREAMS

1 lobster (or a 7-oz. can of lobster meat)
½ pint aspic jelly
Sliced cucumber and radish
1 oz. butter
1 oz. flour
½ pint milk
Salt and pepper
½ oz. gelatine
¼ pint evaporated milk
Cress to garnish

Clean and prepare the lobster and reserve the best pieces for decorating the moulds; chop up the rest. Set a little jelly in the bottom of about 10 moulds, put a few pieces of lobster in each, and then a small decoration of cucumber and radish, then set a little jelly on this. Make a white sauce with the butter, flour and milk, season well and add the remaining chopped lobster. Dissolve the gelatine in the rest of the warmed aspic jelly and add to the sauce. Whip the evaporated milk until it is thick, and fold into the mixture. Fill up the moulds and leave to set. When firm, turn out and serve garnished with cress and a few lobster claws. (Serves 4–5.)

SALMON CREAMS

(see colour picture No. 3)

A 7½-oz. can of salmon
A 3¼-oz. can of prawns
1½ oz. margarine
1½ oz. flour
½ pint fish stock
¼ oz. gelatine
4 tbsps. aspic jelly
¼ pint double cream
Salt and pepper
3 tsps. lemon juice
Red colouring
Green salad to garnish

Mash the salmon, removing the bones. Reserve enough prawns for decoration; chop the remainder and add them to the salmon. Melt the margarine, mix in the flour and cook slowly for about 3 minutes without browning. Mix in the fish stock a little at a time and stir until boiling. Dissolve the gelatine in the aspic jelly over a pan of boiling water. Beat it gradually into the sauce, cover and leave to cool. Whip the cream until the impression of the whisk remains for a few

seconds. Stir the cool sauce into the salmon and then fold in the cream lightly, with the seasoning, lemon juice and a little red colouring. Turn the mixture into small wetted dariole moulds and leave to set; turn out and garnish (Serves 6–8.)

CHEESE CREAMS

¼ pint aspic jelly
Sliced radishes, cress or other garnish
½ oz. gelatine (or more, according to type)
3 oz. grated cheese
Salt
½ tsp. made mustard
¼ pint white sauce
½ pint evaporated milk
Cress to garnish

Put 1 tsp. jelly in each dariole mould or small dish and allow to set. Garnish each with radish, cress or other colourful decoration and cover this with a little more aspic. Dissolve the gelatine in any remaining aspic jelly (warmed) and mix with the cheese, seasonings and sauce. Whip the milk until it is thick and fold in. When the mixture is almost setting, pour into moulds and set. Turn out to serve and garnish with cress.

CUCUMBER AND SALMON DARIOLES

1 cucumber
1 pint aspic jelly
6 tbsps. mayonnaise
Salt and pepper
½ lb. fresh salmon (or a 7½ oz.-can), flaked
Sliced cucumber to garnish

Cut the cucumber into ¼-inch cubes, reserving some to slice for garnishing. Melt the aspic jelly. Half-fill 10–12 dariole moulds with the cucumber, cover with jelly and leave to set. Add the mayonnaise, seasoning and remaining jelly to the salmon, mix well and fill up the moulds. Leave to set, turn out and serve garnished with cucumber slices. (Serves 5–6.)

TOMATO JELLY RINGS

(See colour picture No. 3)

1 chicken bouillon cube
1 pint water
½ oz. gelatine
1 tbsp. tomato purée
½ level tsp. celery salt
1 level tsp. paprika

For filling and decoration

Sliced cold meat
2 oz. long-grain rice, cooked
4 eggs, hard-boiled
2 tbsps. mayonnaise
Lettuce or other green salad

Dissolve the bouillon cube in the water over a gentle heat. Add the gelatine, purée, salt and paprika and stir till boiling; cool. Pour into 6 small border moulds or flan tins to set. Unmould and fill the centre with the meat, boiled rice and chopped egg, mixed with a little mayonnaise. (Reserve some sliced egg for garnish.) Decorate with lettuce and sliced egg. (Serves 6.)

HAM AND ASPARAGUS MOULD

Aspic jelly
A 13-oz. can of asparagus tips
1 hard boiled egg, sliced
½ oz. gelatine
2 tbsps. water
3 oz. granulated sugar
4 level tsps. dry mustard
½ level tsp. salt
3 eggs, slightly beaten
⅜ pint vinegar
½ pint single cream
¾ lb. cooked ham, cut in slivers
Watercress and tomato to garnish

Line a loaf tin with aspic jelly and decorate the base with asparagus and hard-boiled egg. Dissolve the gelatine in the warm water. Mix the sugar, mustard, and salt and add to the beaten egg. Heat the vinegar just to boiling point, gradually add the sliced egg, then heat the mixture slowly till it thickens but does not boil. Remove from the heat, add the gelatine and chill, stirring occasionally till thick. Add the cream, ham and remaining asparagus, cut up small, pour into the loaf tin and chill. Unmould and garnish. (Serves 5–6.)

COLD CHEESE MOUSSE

½ pint milk
A bouquet of herbs
1 slice of onion
1½ oz. butter
1½ oz. flour
Salt and pepper
½ level tsp. English mustard
½ level tsp. French mustard
A pinch of cayenne and paprika pepper
3 eggs, separated
4 oz. Gruyère cheese, grated
½ oz. gelatine
2 tbsps. single cream

First make up a highly seasoned Béchamel sauce as follows.

Bring the milk to the boil with the herbs and onion, then leave to cool. Melt the butter and stir in the flour and seasoning, with the extra mustards and peppers. Gradually add the strained milk, bring to the boil and boil for 4 minutes. Add the egg yolks when the mixture is cool, then reheat without boiling, to cook the yolks. Add the cheese, cover and leave to cool. Melt the gelatine in 2 tbsps. warm water; when it begins to thicken, add with the cream to the cooled sauce. Fold in the stiffly beaten egg whites. Pour into mould or loaf tin and leave to set. Decorate as desired.

HAM AND TONGUE SOUFFLÉ

½ lb. lean ham
½ lb. tongue
½ pint rich brown sauce (see p. 159)
¼ pint double cream
1 egg white
¼ pint liquid aspic jelly
¼ oz. gelatine
Salt and pepper
Ham cornets to garnish

Prepare a 6-inch soufflé dish by tying a band of greaseproof paper round the top.

Mince and pound the ham and tongue and mix with the sauce. Whisk the cream and the egg white separately. Stir the aspic jelly into the ham mixture, add the gelatine, dissolved in a little warm water, then carefully fold in the cream, egg white and seasoning. Pour into the prepared soufflé case and set. Remove the paper band, then garnish with slices of ham rolled into cornets. (Serves 5–6.)

COLD MEAT LOAF

(See colour picture No. 4)

1½ lb. minced beef
½ lb pork sausage-meat
2 oz. bacon, chopped
1 large onion, skinned and grated
2–3 sticks of celery, very finely chopped
3 oz. soft bread-crumbs
1 level tsp. salt; pepper
2 tsps Worcestershire sauce
A little milk
2 hard-boiled eggs, (optional)
Radish, etc., aspic jelly and savoury butter to garnish

This meat loaf is pressure-cooked to save time.

Put all the ingredients, except the milk and eggs into a large basin; mix together and add enough milk to moisten the mixture without making it wet. Lightly grease a loaf tin. Put in half the mixture press down evenly and arrange the eggs on it. Add the other half of the mixture, cover the tin with two thicknesses of greaseproof paper and tie firmly with string. Pour 1 pint water into the pressure cooker and place the tin on the rack. Fix the lid and bring to 15 lb. pressure, then pressure-cook for 35 minutes. Reduce the pressure. Tip the meat loaf out and allow it to cool. Garnish as seen in the picture, then coat with aspic jelly and pipe with savoury butter. (For a less formal occasion just dust the cooked loaf with fine dry breadcrumbs.) (Serves 6–8.)

SIMPLE COLD SLICES

(See colour picture No. 3)

a. Slices of medium thick brown bread or rye bread spread with plenty of butter, topped with sliced banana dipped in lemon juice, then with cream cheese mixed with chopped ham.
b. A mixture of cream cheese and prawns on brown bread and butter.
c. Brown or white bread and butter, topped with sliced cold meat, e.g., canned chopped pork, corned beef, any sliced cold meat or poultry then with chopped hard-boiled eggs and capers or gherkins bound with mayonnaise.

Decorate any of these with cocktail onions, sliced hard-boiled egg, stuffed olives, sliced tomato, anchovy fillets, prawns, pickled gherkins, etc.

LANCASHIRE CHEESE LOG

½ lb. Lancashire cheese, grated
1 level tsp. chopped chives
2 gherkins, chopped
¼ tsp. French mustard
2 stuffed olives, chopped
1 hard-boiled egg, chopped
½ level tsp. salt and pepper
2 tbsps. mayonnaise
2 tsps top of the milk
Lettuce to garnish

Mix all the ingredients together, moistening with the mayonnaise and top of the milk. Shape into a roll, wrap in greaseproof paper and chill. Serve sliced, on a bed of lettuce.

TONGUE ROLLS

3 oz. long-grain rice
6 oz. cream cheese
6 gherkins, chopped
Salt and pepper
6 slices of tongue
Lettuce
Radishes or tomatoes to garnish

Cook the rice in boiling salted water until tender; drain and rinse in cold water Mix with the cream cheese and gherkins and season well. Halve the slices of tongue, spread with the cheese mixture, roll up like Swiss rolls and put in a cool p'ace. Just before serving, trim the ends and arrange on a bed of lettuce. Decorate with radishes or tomatoes. (Serves 6).

HAM AND RICE ROLLS

10 oz. cooked rice
6 oz cream cheese
Salt and pepper
12 large slices of ham
Stuffed olives
Lettuce
Radishes
Parsley

Mix the rice with the cheese and season with salt and pepper. Divide this mixture between the ham slices, spread it evenly, lay a line of olives at one end and roll up like Swiss rolls. Wrap the rolls in fo l and chill for several hours. Just before serving, remove the foil and trim the ends so that the stuffed olives show. Arrange on a bed of lettuce and decorate with sliced radishes and parsley. (Serves 12.)

STUFFED TOMATOES

Cut a slice from the top of some tomatoes and with a small pointed knife or teaspoon remove the pulp. Mix some cream cheese with any of the following: chopped ham or crumbled grilled bacon, chopped green olives, chopped chives, chopped walnuts, chopped apple. Season with salt and pepper and chill slightly. Fill the tomatoes with this mixture and serve on lettuce leaves or with cress.

STUFFED EGGS

(See colour picture No. 3)

4 large eggs
1 oz. butter
Flavouring (see below)
Salt and pepper
Parsley, olives, etc., to garnish

Boil the eggs for 10 minutes, cool them quickly under running cold water and shell. Halve cross-wise, remove the yolks and sieve. Cream the butter and beat in the sieved yolk, with one of the following, and salt and pepper to taste. Replace the creamed mixture in the egg-white cups and garnish if you wish with parsley, sliced olives, etc.

A few drops of anchovy essence
2 oz. flaked crab-meat
2 oz. finely chopped shelled prawns
2 oz. mashed sardines
2 oz. finely grated cheese or 2 3 oz. cream cheese
2 oz. chutney
2 oz. chopped pickled walnuts
1–2 oz. liver paste or leberwurst

RAISIN AND CHEESE PYRAMIDS

4½ oz. seedless raisins
4 oz. long-grain rice, cooked and drained
6 oz. cheese, grated
Salt and pepper
1 small red pepper
1 egg, lightly beaten

Oven temperature moderate (350°F., mark 4)

Grease 8 dariole moulds and arrange a layer of seedless raisins in the bottom of each. Mix the rice, cheese and remaining raisins together, with some seasoning. Remove the seeds from the pepper and chop the flesh. (If using a fresh pepper, blanch it in boiling water for 5 minutes and drain well). Stir this and the egg into the rice mixture. Fill the dariole moulds, place on a baking sheet, cover well and bake in the centre of the oven for 30 35 minutes, until set Allow to get cold, and chill them if possible. Turn out on to a dish and serve with salad. (Serves 8.)

Savoury Flans

Before a buffet party you can make up several plain flan cases, using shortcrust or cheese pastry or frozen flaky pastry (allow 4 oz. per flan); bake blind (see next recipe) and store until needed. Fill, heat (if necessary) and serve cut in wedges, accompanied by salad. You will see that some of the recipes which follow suggest using a flan ring, others a straight-sided sandwich tin – the fact is that they are more or less inter-

changeable and you use what you have available. Here are some attractive flan fillings:

½ pint cheese or other savoury sauce, ½ lb. flaked white fish, canned tuna, crab or salmon, lightly combined with 2 stiffly whipped egg whites and topped with thin slices of tomato. Bake in a fairly hot oven (400 F., mark 6) for about 20 minutes, or until golden and fluffy.

½ pint white sauce flavoured with 3 oz. grated cheese and mixed with 1 large pkt. frozen mixed vegetables (lightly cooked). Top with grated cheese and bake as above until golden and heated through.

½ pint white or savoury sauce mixed with 2 oz. sautéed mushrooms, a few cooked peas, 1 chopped hard-boiled egg and 4 oz. chopped ham. Top with breadcrumbs mixed with grated Parmesan cheese and bake as above.

To save time, home-made white sauce can be replaced by a sauce mix or diluted condensed soup. The fillings also can be made earlier in the day and added to the cases just before they are heated through.

Note: See pages 20–22 for pastry recipes, pages 157–158 for White and Cheese sauce.

PARTY FLAN

(See colour picture No. 5)

6 oz. shortcrust pastry
½ pint milk
2 eggs
2 oz strong cheese, grated
Salt and pepper

For the Garnish

2 oz. mushrooms, sliced
Butter
Tomato
6 rashers of streaky bacon
1 egg, hard-boiled

Oven temperature: hot (425°F., mark 7)

Roll out the pastry and use to line an 8-inch sandwich tin. Bake blind, i.e., put in a round of greaseproof paper, cover with baking beans (or crusts of bread) and bake at the top of the oven for 15 minutes. Remove the beans and paper and bake for a further 5 minutes. Turn out of the tin on to a flat baking tray. Beat the milk and eggs together and add the cheese, salt and pepper. Pour into the flan and bake in the centre of a warm oven (325°F., mark 3) for about 20 minutes or till just set but not coloured. Meanwhile prepare the garnish. Fry the mushrooms in a little butter and slice the tomato; rind and roll the bacon, thread on a skewer and fry or grill till crisp; cut the egg into wedges. When the flan is ready, arrange the garnish. (Serves 6.)

BERNESE FLAN

½ lb. flaky or puff pastry, home-made or bought
½ lb. lean cooked ham
½ lb. mushrooms, sliced
A little butter
½ lb. tomatoes, skinned
Salt and pepper
2–3 oz. cheese, grated
Prawns and ham to garnish

Oven temperature: hot (425°F., mark 7)

Line a Swiss roll tin with the pastry and lay thin slices of ham over it. Fry the mushrooms lightly in the butter. Cut the tomatoes into thin slices and sprinkle with salt and pepper. Cover the ham first with a layer of mushrooms, then with a layer of tomatoes, and finally with a thin layer of grated cheese. Season and cook towards the top of the oven until golden brown—20 minutes. Garnish with prawns and rolled ham and serve hot. (Serves 6–8.)

CHEESE AND ONION FLAN

4 oz. shortcrust pastry
1 oz. butter
6 oz. onion, chopped
3 oz. cheese, grated
1 egg
¼ pint milk
Salt and pepper

Oven temperature: hot (425°F., mark 7)

Roll out the pastry and use it to line an 8-inch straight-sided sandwich tin, trim and decorate the edge. Bake blind (see Party Flan, p. 46) at top of oven for 15–20 minutes, until the pastry is just coloured. Then reduce the oven to moderate (350°F., mark 4). Meanwhile prepare the filling: melt the butter, add the onion and cook gently for 5 minutes without colouring. Cool slightly and place in the flan case, then sprinkle with the grated cheese. Beat together the egg and milk and season well, pour this mixture over the cheese and bake the flan in the centre of the oven for 25–30 minutes, until the filling has set. Serve warm or cold, garnished as desired. (Serves 4–5.)

FLUFFY CHEESE FLAN

4 oz. shortcrust pastry
1 oz. butter
1 oz. flour
¼ pint milk
4 oz. cheese, grated
Salt and pepper
2 eggs, separated

Oven temperature: hot (425°F., mark 7)

Use the pastry to line a 7–8-inch pie plate or plain flan ring. Bake this case blind (see page 46), near the top of the oven for 15–20 minutes, or until cooked but still pale in colour. Melt the fat, stir in the flour and cook for 2–3 minutes. Remove the pan from the heat and gradually stir in the milk. Bring to the boil and continue to stir until the sauce thickens. Remove from

the heat and stir in 3 oz. of the cheese, the seasoning and egg yolks; pour into the pastry case. Whisk the egg whites stiffly, pile on top of the flan and sprinkle with the remaining cheese. Reduce the oven to moderate (350 F., mark 4) and return the flan for about 10 minutes, or until it is heated through and the meringue is golden. (Serves 4–5.)

COLD CHEESE AND EGG FLAN

6 oz. cheese pastry (see page 20)
¼ pint aspic jelly
3 small, firm tomatoes
3 eggs, hard-boiled
Mayonnaise, anchovies, etc., to garnish

Line a flan ring with the pastry and bake blind (see page 46), then allow to cool. Dissolve the aspic and cool it until it is on the point of setting again. Meanwhile skin the tomatoes and slice thinly; slice the eggs; arrange both of these in the flan case, pour the jelly over and allow to set. Garnish with the mayonnaise, etc. (Serves 6.)

QUICHE LORRAINE

4–6 oz. flaky or shortcrust pastry
6 oz. Gruyère cheese
6 oz. lean bacon or ham
2 eggs
Salt
A pinch of Cayenne pepper
A pinch of grated nutmeg
¼ pint single cream

Oven temperature: fairly hot (400°F., mark 6)

Line a 7-inch flan ring with the pastry. Slice the cheese thinly; rind the bacon and cut it into 1-inch cubes. Place a layer of cheese on the pastry, then a layer of bacon, and repeat until all these ingredients have been used up. Beat the eggs with the salt, Cayenne pepper and nutmeg, add the cream and pour over the cheese and bacon mixture in the flan case. Bake in the centre of the oven for 30–35 minutes, until golden brown. Serve immediately or eat it cold. (Serves 4–6.)

QUICHE ANGLAISE

6 oz. shortcrust pastry
3 rashers of back bacon, rinded
½ lb. pork sausages
1 onion, skinned and finely chopped
3 eggs
6 tbsps. milk
3 oz. cheese, grated
1 tbsp. chopped parsley
A pinch of salt
A pinch of pepper
1 tomato, sliced

Oven temperature: fairly hot (400°F., mark 6)

Line an 8-inch flan ring with the pastry and prick well. Cut the bacon and sausages up small and fry both with the onion. Beat the eggs and milk and add the sausage mixture, cheese, parsley and seasoning. Pour into the flan case, garnish with

tomato and bake towards the top of the oven for 40 minutes. (Serves 6.)

Hot Savouries for a Buffet

CHEESE AND PRAWN TARTLETS

3 oz. cheese pastry (see p. 20)
1 egg
3 oz Cheddar cheese, grated
3 tbsps. milk
Cayenne pepper
Salt
¼ pint shelled prawns (or a 3¼ oz. can)
Paprika or cucumber to garnish

Oven temperature: fairly hot (400°F., mark 6)

Roll the pastry out about ⅛ inch thick and use to line 10–12 small deep patty pans. Prick the bottom of each pastry lining. Beat the egg; stir in the cheese, milk and seasoning to taste. Reserve enough prawns for decorating, chop the remainder and add them to the cheese mixture. Pour this filling into the pastry cases. Bake at the top of the oven for about 20 minutes, until the tops are pale golden brown and the pastry crisp. Top each with a prawn and some paprika or cucumber. The tartlets can be baked ahead and reheated carefully, or you can prepare the filling and pastry ahead and at the last minute pour the filling into the cases and bake. (10–12 tartlets.)

MUSHROOM TARTLETS

(See colour picture No. 3)

Prepare exactly as for cheese and prawn tartlets, using 4–6 oz. chopped mushroom instead of prawns.

EGG CHICKEN ROLLS

(See colour picture No. 3)

2 oz. margarine
2 oz. flour
Salt and pepper
¼ pint milk
4 tbsps chicken stock
3 hard-boiled eggs, sieved
4 oz. cold chicken, minced
1 egg yolk
1–2 tsps. lemon juice
1 egg, beaten
White bread-crumbs
Fat for deep frying

Melt the margarine, add the flour, salt and pepper and stir for about 3 minutes over a low heat without browning. Stir in the milk and stock a little at a time; stir until boiling. Add the sieved eggs, chicken, egg yolk and lemon juice to taste. Turn on to a wet plate, spread into a flat circle and leave until firm. Cut into 8–10 equal sized pieces. Shape into rolls, brush each with beaten egg and roll evenly in breadcrumbs. Fry in deep fat until golden brown. Drain on paper. The rolls can be

fried ahead and heated through in the oven at the last minute. (Serves 4–5.)

Note To test the heat of the fat put in a 1-inch cube of bread; if it browns in 40–50 seconds, the fat is hot enough.

SAVOURY BANANA ROLLS

(See colour picture No. 3)

9 small streaky bacon rashers (cut No. 5)
3 large bananas
1 tbsp. lemon juice
Made mustard

Oven temperature: fairly hot (375°F., mark 5

Rind the bacon. Skin the bananas and cut each across in 3 equal-sized pieces Dip them in lemon juice Spread the rashers with a very little mustard and roll each one round a piece of banana. Fix the end of each rasher with a short cocktail stick. Bake at the top of the oven until the bacon is crisp for about 15 minutes (or grill for about 5 minutes). Serve on cocktail sticks. (9 portions.)

CHICKEN AND EGG COCOTTES

(See colour picture No. 3)

3 oz. mushrooms
½ oz. butter
6 oz. cooked chicken, diced
A small can of cream of chicken soup
4 tbsps chicken stock, if necessary
Salt and pepper
2 hard-boiled eggs, quartered
Lemon juice
Chopped parsley

Fry half the mushroom caps in the butter, skin the remaining caps and chop the stems. Add the chicken, mushroom stems and sliced mushrooms to the soup; heat slowly till simmering. Thin if necessary to a thick creamy consistency with stock and season to taste. Add 1½ quartered eggs and simmer slowly for 10 minutes. Add lemon juice to taste and pour into 6 cocotte dishes Top with whole fried mushrooms, sliced egg and parsley. (Serves 6.)

SAUSAGE ROLLS

Oven temperature: hot (425°F., mark 7)

To 8 oz. frozen puff pastry allow 1 lb. sausage-meat. Roll out the pastry into an oblong 6 inches wide and cut it into 2 strips. Lay a roll of sausage-meat down the centre of each strip, brush the edges with beaten egg and fold one side of the pastry over the filling. Seal the two edges together by flicking with a knife. Glaze the top of the roll with more beaten egg, cut into pieces 2 3 inches long, put on a baking tray and place near the top of the oven; cook for 20–30 minutes. Serve hot or cold. (8–10 rolls.)

FISH LAYER PIES

(See colour picture No. 3)

12 oz. tomato
8 oz. mushrooms
6 oz. onions
12 oz fresh haddock or cod
2 oz. margarine
Salt and pepper

Oven temperature moderate (350°F., mark 4)

Skin and slice the tomatoes, mushrooms and onions. Cut the fish into slices, removing the skin and bones. Fry the chopped onion lightly in the margarine. Arrange the tomatoes, onion, fish and mushrooms in layers in 6 small greased ovenproof dishes, sprinkling seasoning over each layer Top with lines of sliced tomato and mushroom and cover with greased paper. Bake towards the top of the oven for about 20–30 minutes. (Serves 6.)

GARNISHES FOR BUFFET PARTY FARE

Gherkin Fans: Hold the pointed end of the gherkin in one hand and slice thinly lengthwise from the thick end, but leave the slices still joined at the pointed end; spread the slices out to form a fan shape.

Onion Rings: Peel the onion, slice it into thin rings with a sharp knife and separate the rings by pushing in the centre.

Radish Roses and Concertinas: For a rose cut a round radish through 6 times, but do not cut the petals away from the base. For a concertina, slice a long-shaped radish acrosswise several times, but do not cut the pieces away from the base. Leave in ice-cold water for a few hours until the roses or concertinas open out.

Celery Curls. Cut a celery stick into 2-inch pieces, then cut these lengthwise in thin strips nearly to the bottom. Drop into ice-cold water and leave for a few hours.

Carrot Curls. Slice the carrot into long, thin strips and drop these into ice-cold water.

Stuffed Olive Roses: Cut each olive down into 4 "petals", but do not remove these from the base.

Red Pepper Julienne: Cut red or green peppers into very thin strips, cutting across the vegetable and removing any pith or seeds.

Mayonnaise Piping: Use rich mayonnaise and do not add too much vinegar, or it will be too thin for piping.

CHAPTER 4

Cheese guide

There are so many cheeses on the market that it pays to know something about them before you buy Here we give some background information, followed by an alphabetical list of the best-known English and Continental cheeses We also include notes on the cheese board and two Fondues.

All cheese is made from milk curd, separated from the whey– usually by the action of rennet – and suitably ripened.

The quality and the source of the milk (whether cow's, goat's or ewe's), and the particular processes used in the making, give rise to an almost endless variation of cheeses. Local conditions of climate and vegetation and of course seasonal changes also influence the finished product. This explains why some cheeses are essentially local.

Cheese can be classified in several ways, depending on the point of view. The clasification here given is according to the general appearance and texture.

Description	*Example*
Very hard cheese	Parmesan
Hard cheese	
(a) without "eyes"	Cheddar, Cheshire, Derby, Lancashire, Dunlop
(b) with "eyes"	Emmenthal, Gruyère
Semi-hard	Caerphilly, Edam, Gouda
Blue-veined	Roquefort, Gorgonzola, Stilton, Blue Wensleydale, Blue Dorset
Semi-soft	Brick, Munster, Limburger, Port Salut, Mozzarella
Soft	
(a) Ripened	Brie, Camembert, Pont l'Évêque
(b) Unripened	Coulommier, Cambridge, Cottage

British Cheeses

Blue Dorset (*Blue Vinney*)
A hard cheese made in Dorsetshire from skimmed cows' milk, It is white in colour, with a blue vein, hard in texture and of a rather strong flavour.

Caerphilly
Originally a Welsh cheese, this is now made also in Somerset, Wiltshire, Devon and Dorset. It is a whole milk cheese, pressed only lightly and eaten in its "green" state, when about ten days old. Caerphilly is semi-hard and white, with a creamy mild flavour, and is best served uncooked.

Cheddar
Cheddar is perhaps the best-known and most widely used of the English cheeses and one of the oldest. Made originally in Somerset where the finest Cheddar cheese is still to be obtained - it is now produced in various other parts of the country and also in Scotland, Canada, Australia and New Zealand. In fact the name "Cheddar" is given to any cheese which undergoes the "cheddaring" process, regardless of where it is made. The original farmhouse Cheddar is still considered the best. It is a hard, yellow, slightly salty cheese, varying in flavour from mild to quite strong, and is equally good cooked or uncooked.

Cheshire
Said to be the oldest English cheese, Cheshire is another very well-known type. Like Cheddar, it is a hard cheese, but rather more crumbly in texture, with a mild yet mellow flavour. There are two varieties - the red which is artificially coloured, and the white; the red is usually rather milder than the white. Occasionally, more by accident than design, a red Cheshire cheese will turn blue, that is to say, it develops a system of blue veins which spread all over the cheese and give it a very fine, rich texture and flavour. In all its forms Cheshire cheese is equally good cooked or uncooked.

Derby
A hard, close-textured white cheese, mild in flavour when young, but developing a full flavour as it matures. Sage Derby, which is layered with sage leaves to give green bands through the cheese, is a very good cheese but is unfortunately not widely available.

Double Gloucester
Double Gloucester is an orange-yellow hard cheese with a close, crumbly texture and a good rich flavour, rather similar to that of a mature Cheddar.

Dunlop
A Scottish cheese made originally in Dunlop, Ayrshire, but now fairly general throughout Scotland. It is not unlike Cheddar, but moister and of a closer texture.

Lancashire
A fairly hard cheese, crumbly in texture when cut. When new it has a mild, tangy flavour, which develops considerably as it matures. It can be eaten uncooked, but is an excellent cooking cheese.

Leicester
A hard cheese with a mild, slightly sweet flavour and orange-red colour.

Stilton
Stilton is in Huntingdonshire, but genuine Stilton cheese is made also in Leicestershire and Rutland. Stilton is probably the most famous of English cheeses. It is a white double-cream cheese – that is, produced from the richest milk (to which the cream of other milk may also be added) and it is made only from May to September. Stilton is semi-hard and has a blue veining, caused by a mould which is inoculated into the cheese; the veins of blue mould should be evenly distributed throughout The rind, of a dull, drab colour, should be well crinkled and regular and free from cracks.

Stilton is at its best when fully ripe, that is 6–9 months after it has been made A good Stilton needs no port or anything else added to it, only when it has gone dry through exposure to air should this be necessary.

Wensleydale
Made in the valley of Wensleydale in Yorkshire. Originally it was a double-cream cheese, cylindrical in shape, which was matured until it became blue in this form it was considered one of the best English blue cheeses, next only to Stilton. Latterly it has been sold white and unripe, and in this form it is a mild, creamy-coloured cheese with a rather flaky texture.

Soft Cheeses
The soft cheeses made in England are of the "unripened" type. At one time there were various regional ones, known by such names as Cambridge, Slipcote, Smearcase and York. Nowadays, they are usually known simply as cream cheese and cottage (or curd) cheese, though the old names persist in some localities.

Cream Cheese denotes cheese made from the cream of the milk, and there are two kinds; Double Cream Cheese is made from creamy milk with a high fat content (45–50 per cent), which is warmed, then left to sour naturally or soured by adding a "starter". It is then put to drain in muslin and when

solid is seasoned or flavoured and shaped into cakes. Single Cream Cheese is produced from creamy milk with a 25 30 per cent fat content It is made by a similar method to that used for the double type, but a cheese-making rennet is usually used to aid souring and obtain a good curd this gives a more cheesy flavour It is produced especially in Cornwall and Devon, but also in other farming areas. These single cream cheeses are made in small quantities, as they only keep for 2 3 days.

Cottage or Curd Cheese is made from skimmed milk, by a similar method to that used for cream cheese.

Commercially Produced Soft Cheeses are mainly sold prepacked in packets and cartons, under the brand names of the large dairy concerns, though some are sold loose, by weight, One of the chief producers of such cheeses labels them as follows:

"Cream Crest", a true cream cheese made from cream with a minimum fat content of 45 per cent. (Another true cream cheese is produced by St. Ivel.)

"Superb Creamery", a soft curd cheese, enriched with cream and having a butter content of 35 per cent. (A similar cheese produced by another manufacturer is known as "Philadelphia".)

"Supreme Farmer", an enriched curd cheese, but with a slightly lower fat content. (The French Demi-Sel - see Continental Cheeses – is similar.)

"Cottage" cheese made from milk with a low fat content.

"Curd" cheese, made from natural whole milk.

Processed Cheeses

1. *Firm Types:* These are usually made from such cheeses as Cheddar, Cheshire and Gruyère, which are broken down, mixed with any off-cuts of the same cheese and with emulsifying salts and then formed into blocks; these are sold (whole or sliced) in hermetically sealed plastic packs or in foil.

2. *Creamy Types:* Made in a similar way to the firm cheeses, but with the addition of butter as well as emulsifying salts. The finished cheese is of a soft creamy texture and pale in colour; it often has an added flavouring such as chopped ham, shrimps, celery, etc., and it is usually sold in small foil-wrapped portions (often individual size) or in little plastic containers.

Foreign Cheeses

Supplies available in this country vary from time to time, and from one locality to another, only the very large shops can afford to stock a really comprehensive range, but the following

cheeses can all be obtained in one or other of the better grocers, provision shops, delicatessens and supermarkets.

Alpestra (Alpin): Hard, dry cheese made in the French Alps.

Austrian Smoked Cheese: Cylindrical, with "sausage skin" covering; close-textured (like Edam or Gouda) and with distinctive smoky flavour; good with wine.

Bel Paese Italian, soft, creamy and rich, very mild in flavour, texture slightly rubbery, but nonetheless agreeable. Good for cooking certain Italian dishes.

Bondon: Small, cylindrical, whole-milk cheese from Normandy. When ripe has a fairly pungent flavour.

Bresse Bleu French imitation of Gorgonzola, creamy-textured and strong-flavoured.

Brick: American; usually made in shape of brick, semi-soft, with small holes, rather less sharp in flavour than Cheddar.

Brie: French; soft, with a crust rather than a rind; when in good condition, is runny in texture, but a poor Brie is dry and chalky; well-flavoured.

Caccio-Cavallo: Italian; name due to the fact that the roundish cheeses are strung together in pairs and dried suspended over a pole, as though astride a horse. If eaten fresh, the cheese has a tangy taste and firm yet soft texture; if kept, it becomes hard and is then grated and used in cooking.

Camembert: French; soft, and with a distinctive flavour that strengthens as it ripens.

Danish Blue. Soft and white, with blue veins, sharp and rather salty in taste.

Demi-Sel: French, a soft, mild cream cheese.

Edam. Dutch; bright red outside, yellow inside, mild in flavour, close and fairly soft in texture.

Emmenthal. Swiss, hard, pitted with numerous fairly large irregular holes; like Gruyère, which it resembles, it has a distinctive flavour. Used in cooking, especially for cheese fondues.

Danish Emmenthal is a good copy of the Swiss product.

Fontainebleau French; creamy cheese, which is sometimes eaten with strawberries.

Fromage de Monsieur: French; soft and slightly like Camembert, but milder.

Gervais: French; cream cheese, sold packed in boxes of 6 small portions.

Gorgonzola: Italian; semi-hard with a creamy texture. It is blue-veined and normally has a strong flavour. However, there are mild varieties of Gorgonzola, the Dolcelatte, made from a sweet milk, being much milder in flavour than the ordinary type; between the two comes the kind known as creamy Gorgonzola.

Gouda: Dutch; similar in taste and texture to Edam, but larger and flatter, and without the red outside coat.
Gruyère: Swiss, hard, honeycombed with holes which are smaller and fewer than in Emmenthal; the cheese has a more creamy texture, and a distinctive, slightly acidulous flavour. Used in cooking, particularly for cheese fondues.

French Gruyère is also available.
Havarti: Danish; foil-wrapped; semi-firm texture, rather open, good full flavour.
Kummelkäse. German; caraway-flavoured; good with cocktails, etc.
Limburger: Belgian or German; strong "ripe" flavour and smell.
Marc de Raisin: French; semi-hard with a "crust" of grape-skins and pips replacing the usual rind. A rather tasteless cheese.
Mozzarella: Italian; round, soft cheese, originally made from buffaloes' milk, but now also made from cows' milk. Should be used fresh. Eaten by itself it is somewhat tasteless, and it is more useful in making Italian dishes such as Pizza.
Munster: Alsatian; semi-hard cheese, which is good for both cooking and table use; not unlike Pont l'Évêque in flavour.
Mycella: Danish; soft-textured, creamy with green veins; slightly aromatic flavour.
Mysost (Gietost): Norwegian; whey cheese, principally made from goat's milk. Hard and dark brown, with a sweetish flavour.
Neufchâtel: French; whole-milk cheese, soft, dark yellow and with a flavour similar to that of Bondon.
Parmesan: Italian; very hard, ideal for cooking and for grating to serve with pasta, etc.
Petit Suisse: French; soft, creamy and unsalted cheese, made into little cylindrical shapes. Often eaten with strawberries or other fruit, accompanied by caster sugar.
Pommel. French, a brand of double-cream cheese, similar to Petit Suisse.
Pont L'Évêque: French; semi-hard cheese, sold in small square boxes; delicious mild flavour, somewhat between a Brie and a Camembert.
Port du Salut: French; semi-hard, with very good mild flavour.
Samsoe: Danish; firm-textured, with regular holes, golden in colour; mild and sweet in flavour *Danbo* is a small, square-shaped version; *Fynbo*, *Elbo* and *Tybo* are other variants, fairly similar in type; *Molbo* has a richer, more fruity flavour; *Maribo* is also more full-flavoured.
Tilsit, Tilsiter: Originally German, but now made in various

countries, including Austria. A semi-hard cheese, with small holes, somewhat resembling Port du Salut, but stronger. Has a pleasant, full-bodied taste.

Note In addition to the traditional national and local types of cheese, there are various proprietary brands, many of them consisting of a cream or processed cheese, flavoured or presented in a particular way. Gervais and Pommel are examples of well-established brands, but a number of others have appeared from time to time – for instance, the Boursin type of cream cheese, flavoured with garlic, herbs or other ingredients.

The Cheese Course

A cheese board or platter is one of the best ways of finishing a meal, many people prefer it to a sweet. A cheese board should offer a variety of colours and shapes of cheeses – for instance, white, deep yellow and blue; flat, rounded or in segments. Buy only in small quantities, as this is more economical.

Have a board large enough for easy cutting. With the cheese you should serve:

1. Biscuits (savoury or salty, plain or semi-sweet), rolls or bread (French, granary, wholemeal or rye), cut into chunks and put in a basket or on a plate.
2. Butter – in one slab or cut into small cubes for easy serving.

You can also have salad ingredients or crisp vegetables – lettuce, chunks of celery, leaves of chicory, wedges of tomatoes, small whole radishes, sprigs of watercress, sticks of carrot, spring onions and perhaps a bowl of fresh fruit.

Cream cheese may be served plain with biscuits; alternatively, paprika, caraway seeds or chopped chives may be added. Some people like chopped pineapple or other fresh fruits or nuts mixed with cream cheese, especially when it is served with salad.

Storing and Cooking Cheese

Though cheese often requires months – sometimes years – to bring it to full maturity, once ripe it deteriorates comparatively rapidly. So buy only enough to last a few days to a week and store it in a cool place, such as a cold larder; cover it loosely to protect it from the air, but do not make it airtight. If entirely exposed to the air, cheese will become hard and dry, while if tightly covered it is likely to mould. A cheese dish with a ventilated cover is good for the purpose; failing this, cover it with an upturned bowl.

A refrigerator is not ideal for storing cheese, and it can affect the flavour; if it must be used, the cheese should first be wrapped in waxed paper or foil or tightly covered, otherwise it dries too rapidly.

If you want cheese to become hard and dry, leave it exposed to the air in a dry though cool place It is best to hang it in a muslin bag, as then the air can circulate completely. If the cheese is left on a plate or board to dry, stand it on its rind; cheese that has no rind should be turned occasionally, otherwise the underside will remain soft and will very likely mould. Cheese that has formed mould on the surface is not necessarily spoiled – the mould should be scraped off and the cheese either used up quickly or dried for grating.

Hard cheese is grated for cooking (use a fine grater), but a soft processed cheese should be shredded rather than grated. Very soft cheeses can be sliced and added to sauces, and so on, without grating or shredding.

The less cooking cheese has, the better Over-heating tends to make it tough, so when making a dish such as Welsh Rarebit or cheese sauce, heat the cheese very gently and do not cook the mixture more than necessary once the cheese is added.

Cheeses for Cooking

Good British types are Cheddar, Cheshire, Leicester, Lancashire, Derby and Dunlop, and the cream, cottage and curd cheeses. Suitable Continental cheeses are Parmesan, Gruyère, Emmenthal, Gorgonzola, Bel Paese, Mozzarella and Camembert.

A Wine and Cheese Party

(See picture No. 6)

Since cheeses are to be the main feature, you must have a good selection. Even for the smallest party you will need 3–4 kinds, while for a party of 25–30 you might well have about 8 different kinds. Allow 2–4 oz. per person, thus for 30 guests you should buy ¾ lb. each of 8 kinds of cheese, or 1 lb. each of 6 kinds.

As with a cheese board, try to have variety in appearance, taste and consistency. By all means include something exotic, but remember some people may be less adventurous, so include a supply of Cheddar and Cheshire. Among the many good types of cheese to offer at a wine and cheese party are Camembert, Brie, Gruyère, Roquefort, Wensleydale, Gorgonzola, Double Gloucester and Stilton.

Arrange the cheeses on platters or boards, with an un-

obtrusive garnish and label them. Cheddar and Cheshire cheeses might well be cut into cubes, with plenty of cocktail sticks at hand to spear them, but the more specialised cheeses are probably better left whole.

Have a selection of crusty bread, crispbreads, plain biscuits and so on to accompany the cheese, with butter (preferably in small portions) and if you like some salad stuff such as celery, radishes, etc., or perhaps tiny gherkins or onions.

Your guests will enjoy some of the cheese in the form of dips. Remember that these should be creamy and light in texture, or they will be difficult to manage. Suitable "dunks" are potato crisps, small biscuits, both plain and cheesy, florets of cauliflower, fingers of carrot or celery and so on. For recipes see the Cocktail Titbits chapter, page 9.

If you have the time and energy, serve a hot cheese dip or Fondue. Produce it as a centre-piece, half-way through the party. Traditionally, any guest who drops his chunk of bread into the fondue must drink his wine down in one gulp!

You will need about 12–15 bottles of wine for a party of 30 people. In addition to red and rosé wines be sure to include a white and perhaps a sparkling white type, as women often prefer white wines. Good red wines for a party of this kind are Portuguese Sao Pedro Dao Tinto and Italian Valpolicella or Bardolino, suitable white wines are a Bordeaux Mouton Cadet Blanc or a Liebfraumilch-Kellergeist.

FONDUE–1

1 clove of garlic, crushed
¼ pint dry white wine and a squeeze of lemon juice
8 oz. cheese, cut in thin strips (half Gruyère and half Emmenthal)
2 level tsps. cornflour
1 liqueur glass of Kirsch
A little pepper and grated nutmeg
French bread, cut into chunks

Rub the inside of a flameproof dish with the garlic, place the dish over a gentle heat and warm the wine and lemon juice in it. Add the cheese and continue to heat gently, stirring well, until the cheese has melted and begun to cook. Add the cornflour and seasonings, blended to a smooth cream with the Kirsch, and continue cooking for a further 2–3 minutes; when the mixture is of a thick creamy consistency, it is ready to serve. (Serves 4–6.)

Traditionally, fondue is served at the table in the dish in which it is cooked, kept warm over a small spirit lamp or dish-warmer. To eat it, provide cubes of crusty bread which are speared on a fork and dipped in the fondue

An anglicised version of fondue can be made using a

strong-flavoured Cheddar cheese, cider instead of white wine and brandy instead of Kirsch.

FONDUE 2

1 oz. butter
½ pint milk
1 oz. fresh bread-crumbs
5 oz. grated cheese (preferably Gruyère)
Salt and pepper
1 egg
Fingers of toasted bread or biscuits

Put the butter and milk into a saucepan and bring to the boil. Add the breadcrumbs and grated Gruyère cheese and season to taste. Stir over a gentle heat until the cheese is melted, add a beaten egg and mix well until thoroughly hot. Put the fondue in a large bowl and let each person dip his own toasted slice. Alternatively, serve the mixture spread on the toast or biscuits. (Serves 4–6.)

CHAPTER 5

Sandwiches for a party

Everyone knows how to make a sandwich, but here are a few hints that may help if you are unused to producing them in quantity:

1. Prepare the fillings beforehand: they should be moist and well-seasoned; for layer sandwiches use well-contrasted fillings.
2. Have two knives, one for cutting and one for buttering. A really sharp plain steel knife cuts better than the saw-edged type. It sometimes helps to dip the blade in hot water from time to time.
3. Soften the butter or margarine, but do not melt it.
4. Cut the crusts off the top and ends of the loaf. Butter the top, then slice, and continue in this way. Spread filling on one slice and cover with the next.
5. Use a sharp unserrated knife for cutting the sandwiches into neat fingers or tiny squares, as this is less likely to tear the bread. If fancy cutters are used, choose ones with sharp edges.

Sandwich Bases

Bread is of course the traditional base for sandwiches, but crispbreads, toast, rolls, scones, etc., make a welcome change, while the bread itself can be varied and cut in different ways according to the occasion.

It is important that bread should be of the right thickness for the particular type of sandwich. A loaf is easier to slice if it is first chilled in the refrigerator; alternatively some bakers will slice loaves to a required thickness. Ready-sliced loaves are good for open sandwiches, toast and fried bread.

White Bread: The oblong shape, with square corners, cuts most economically for sandwiches.
Brown, Wholemeal or Rye Bread These nutty-flavoured breads are delicious with some fillings such as asparagus or cream cheese Use them on the day they are purchased, as they become dry rather quickly.
Crispbreads or Biscuits: Best suited to open sandwiches. If they lose their crispness with keeping, put them in a cool oven for a few minutes.
Fried or Toasted Bread: Suitable for hot sandwiches, either open or closed, with a hot savoury filling
Bridge and Dinner Rolls. Slit bridge rolls; for dinner rolls cut a hollow in the top and insert the filling.
Scones. These make an unusual sandwich base. Cheese scones with a filling of crab (or other shellfish) are particularly good.

Sandwich Fillings

Permutations are endless, and the lists below could be extended many times over.

Remember that all meat sandwiches are improved by the addition of small, lettuce leaves, sliced tomato or cucumber or sprigs of watercress. Poultry sometimes tends to be dry, so it is a good idea to include a thin layer of home-made mayonnaise, or some salad as suggested for meat sandwich fillings.

MEAT AND POULTRY

Beef with horseradish sauce and onion, or gherkins and French mustard
Chicken or other white meat with celery and mayonnaise, or olives and tomato sauce
Chopped turkey or chicken with cranberry jelly
Chicken and ham, minced together
Chopped tongue, grated cheese and salad cream
Tongue and chopped olives
Chopped tongue, red cabbage and mayonnaise
Chopped ham, hard-boiled egg, pickles and mayonnaise
Cooked liver, bacon and soft boiled egg, mustard with a little butter, and mayonnaise
Liver sausage, mayonnaise and French mustard
Liver pâté, crisp bacon bits and pickle

FISH

Cooked smoked haddock and parsley sauce
Flaked crab and capers
Crab, lobster and other shellfish with cress and cucumber, or tomato and mayonnaise

Any cooked white fish and chopped pickled walnuts
Salmon, finely chopped onion and cucumber
Salmon, or smoked salmon, with lettuce and lemon juice, or cucumber and tomato sauce
Finely chopped shrimps, mayonnaise and lettuce
Chopped shrimps, celery, pineapple and salad cream
Caviare with olives
Smoked cod's roe with tomato, lettuce and lemon juice
Pounded sardines, lemon juice and chopped parsley
Sardines, chopped egg and mayonnaise

EGG
Chopped hard-boiled eggs mixed with melted butter, with French dressing and piquant sauce
Chopped hard-boiled eggs with lemon juice, chopped parsley and mayonnaise
Scrambled egg, well seasoned, with chopped chives, parsley or small cress
Scrambled egg with anchovy essence and chopped watercress
Scrambled egg and chopped ham
Egg (hard-boiled or scrambled) with cream cheese and chives, or with capers and tomato sauce

CHEESE
Grated cheese with made mustard and sharp table sauce
Grated cheese with melted butter and chopped capers
Grated cheese with vegetable extract, butter and chopped parsley
Cream cheese with chopped nuts, lemon juice and chopped parsley
Cream cheese with chopped green peppers or cucumber slices and chopped onion
Cream cheese, chopped pimiento and a little milk
Cream cheese, chopped walnut or celery and a little milk
Cream cheese, chopped olives and mayonnaise
Cream cheese, chopped ginger or dates and a little milk

SALAD AND VEGETABLE
Grated raw carrot and chutney or shredded celery with mayonnaise
Tomato and chopped watercress with mayonnaise
Lettuce, chopped chives and mayonnaise
Butter, creamed with anchovy paste and chopped watercress

Illustrations

1. Savoury Puffs, cheese and Gherkin Sticks
2. Cheese Cocktail Titbits, Scones and Flan
3. Buffet Party Savouries 4. Cold Meat Loaf

Edam
Cheddar
Wensleydale
Stilton
Port Salut
Red Cheshire
Camembert

Mashed avocado pear with French dressing
Fried mushrooms, tomato, parsley
Onions, lettuce and vinegar
Apple, grated onion, mayonnaise

FRUIT, NUTS
Banana and chopped nuts
Honey and chopped walnuts
Lemon curd and grated apple
Dates and chopped preserved ginger or chopped apple

QUANTITIES FOR SANDWICH FILLINGS
To help you judge the amount of sandwich filling needed when you are making large quantities of sandwiches, here are some useful figures.

Each filling given in this table is sufficient for 12 large rounds of sandwich, made with one 2-lb. loaf and 6 oz. butter, or about 20 small bridge rolls, split into 2 pieces. The suggested garnish could often be included in the filling, if preferred.

Filling	*Amount*	*Preparation, Garnish*
Egg	8 eggs	Either mash hard-boiled eggs with 2–3 tbsps. salad cream and seasoning or scramble eggs with 1 oz. butter, 2–3 tbsps. milk and seasoning. Garnish with cress or sliced radish.
Cold meat (beef, pork, salami, ham, chicken)	14–16 oz.	Slice and add mustard, if desired, or mince finely and bind with a little melted butter. Garnish with canned red pimiento or sliced gherkin.
Salmon	1½ × 7-oz. cans	Mash contents of can and season. Garnish with sliced cucumber or tomato or sprigs of watercress.
Sardine	4 × 4¾-oz. cans	As for Salmon.
Tuna	2 × 7-oz. cans	As for Salmon.
Cheese, e.g. Cheddar	¾ lb.	Grate finely and mix to a paste with softened butter or salad cream. Garnish or flavour with chutney.

Illustrations

5 Party Flan; Neopolitan Titbits; Open Sandwiches
6 Assorted Cheeses for a Wine and Cheese Party
7. Smorrebrod. 8. Shrimp-filled Avocado Pears

Cream cheese	6–8 oz.	Use alone or seasoned with salt, pepper and a few drops of Worcestershire sauce. Garnish with sliced peach or a roll of crisp streaky bacon.
Banana	4 bananas	Mash with a little lemon juice, add some chopped walnuts and/or dates. Garnish with halved walnuts.

Fancy Sandwiches

Sandwiches for special occasions can look very decorative if some imagination is used in the making of them. True, it is a little more trouble to make sandwiches in unusual shapes, but it adds greatly to the attractiveness of a buffet table. For afternoon tea, the sandwiches should be very small and dainty, and the fillings should not be bulky or difficult to eat.

CRESCENT SANDWICHES

These are cut with a round cutter from sandwiches made in the ordinary way. Cut a round from the sandwich, as near one corner as you can Now move the cutter down the square, without removing the first round, and cut another round, overlapping the first. Repeat, cutting as many crescents as possible from each sandwich.

HARLEQUIN SANDWICHES

Use two kinds of bread in each sandwich – white for one side and brown or wholemeal for the other; for sweet sandwiches, you can combine white or milk bread with malt bread or another sweet brown type. Any appropriate savoury or sweet filling can be used, and the sandwiches are then cut into shapes with fancy cutters.

BRIDGE PARTY SANDWICHES

Cutters are obtainable in the shapes of hearts, diamonds, spades and clubs, and can be used to cut square sandwiches into these shapes. If you cut as close as possible to the corners of the sandwiches, you will be able to cut some small shapes from the bread that is left triangles and small squares.

Sweet or savoury fillings, are suitable, but whichever you use, the sandwiches must be easy to eat. Choose the filling of the sandwiches to contrast with the bread: for instance, use cream or cottage cheese or scrambled egg with brown bread; pâté or meat spread or mashed sardines with white bread.

Decker bridge sandwiches can also be made, using three slices of bread and two layers of filling. Either use three slices of the same bread or two slices of white and one of brown.

NEAPOLITAN TITBITS

(See colour picture No. 5)

For these you need a special gadget that cuts cork-shaped sections from bread, etc.

Make decker sandwiches with 2 or 3 slices of bread and colourful fillings, e.g., cheese, salami, cucumber, pickle, smoked salmon. Pull back the plunger of the "snack maker" and invert on to the sandwich, press down, then lift. Insert a cocktail stick into the centre of the snack and press the plunger. Garnish the end of the stick with olives, cherries, etc.

ROLLED SANDWICHES

Use thin slices of new bread, buttered and with the crusts removed. Spread with any soft mixture (e.g. liver pâté, cream cheese, scrambled egg), add a few shrimps or prawns, potted meat, or thinly sliced ham, luncheon meat or processed cheese, a short stick of celery or carrot or an asparagus or pineapple spear, then roll up firmly. Pack closely in polythene or waxed paper for 1–2 hours before serving.

A lb. white or brown loaf cuts into 24 thin slices (for rolled sandwiches); a 1 lb. ready-sliced loaf has about 20 slices. About 6 oz. butter or margarine will be needed for this quantity, and it will go further if softened and creamed slightly. You may also flavour it, if you wish. To add variation some of the rolls may be lightly grilled before serving.

PINWHEEL SANDWICHES

These simply made sandwiches can look very attractive. Take a new white loaf and cut off the end and top crusts. Stand the loaf on end and cut off very thin slices down the whole length of the loaf. Put the pieces flat on the table and roll lightly with a rolling pin (this makes the bread easier to handle). Spread with a soft filling (which should be either brightly coloured or dark, to provide a good contrast – maître d'hôtel butter and any fillings containing anchovy paste or paprika look effective). Cut off the crusts. Roll up, starting at one narrow end, wrap each roll tightly in waxed or greaseproof paper and put in the refrigerator for ½ hour. When the rolls are set, cut them in ¼-inch slices, as if you were cutting a Swiss roll.

If you want to make the rolls larger, roll another piece of bread spread with filling round the first, and so on.

STRIPED SANDWICHES

A sandwich loaf
Butter
French mustard
2 oz. cooked ham
2 oz. tongue
2 oz. smoked salmon
2 oz. Gruyère cheese
2 oz. cooked veal
1 pickled gherkin, sliced

Remove the crusts from the bread and slice the loaf lengthwise. Butter the top and bottom slices on one side only, and the others on both sides. Place a different layer of filling on each slice, adding some sliced gherkin with the veal, and build up the loaf, keeping it perfectly square. Wrap it in greaseproof paper and a damp cloth, place a weight on it, and leave for 2 hours. Cut the loaf across into thin slices, cut each slice into fingers.

Open Sandwiches (Smörrebröd)

(see colour picture No. 5)

Open sandwiches, or smörrebröd, consisting of a slice of bread, generously buttered, topped with meat, fish or cheese (often combined with salad ingredients) and attractively garnished, are a most welcome import from the Scandinavian countries, where two or three assorted sandwiches often make a light lunch or supper. They are also very suitable for a substantial tea or early meal - before going out to the theatre, for instance or for informal entertaining.

Any kind of firm-textured bread can be used – white, brown, dark rye, toasted, or crispbread and it should be well buttered, as the butter not only adds to the flavour but helps to hold the topping in place. Make slices about 4 by 2 inches to be eaten with a knife and fork, but if you want to serve the sandwiches with cocktails or as a buffet snack, make the pieces of bread about half this size, or cut them into fancy shapes.

Smorrebrod should appeal as much to the eye as to the palate. Use some of the garnishes suggested on these pages.

When you serve open sandwiches at a party you will find that people will eat about 3 of the larger-sized ones. Vary the toppings, and offer fish, meat and cheese, in that order, as they do in Scandinavia. The sandwiches should be served on large flat dishes; if you cover them with a slightly dampened cloth or a polythene sheet after you have prepared them, they will keep quite fresh in a cool place.

The suggestions given here illustrate some of the hundreds of possible variations. After a little experience you will enjoy creating your own versions.

SMÖRREBRÖD IN BRIEF

Here are ideas for easy toppings and garnishes for your first ventures:

1. Grated Cheddar cheese, with a little sliced cucumber. Decorate with piped tomato-flavoured cream cheese and sliced radish.

2. Spread the bread generously with pâté. Top with more piped pâté and garnish with parsley sprigs.
3. Pipe stars of mayonnaise round a circle of bread. Top with shrimps. Serve with a lemon wedge in a lemon squeezer.
4. Arrange thin slices of cheese on a slice of brown bread and decorate with a twist of tomato and a watercress sprig.
5. Cover the bread with lettuce leaves; down one side place slices of hard-boiled egg; down the other side arrange slices of skinned tomato; in the middle, where they meet, put a row of 3–4 black olive halves.

TYPICAL INGREDIENTS FOR SMÖRREBRÖD

Try to offer some fillings from each of the following groups:

Fish
Anchovy fillets
Sliced smoked salmon
Smoked eel
Cod's roe, plain or smoked
Sardines
Crabmeat
Lobster meat
Prawns and shrimps
Flaked tuna fish
Rollmop herring

Meat, Poultry
Cold roast meats
Sliced ham and tongue
Cold chicken and turkey
Cooked bacon rashers
Salami
Liver sausage
Liver pâté

Cheese, Eggs
Danish Blue, Gruyère, Edam
Cream cheese, plain or flavoured
Hard-boiled eggs
Scrambled egg

Vegetables, Salads
Asparagus
Sliced cucumber
Sliced tomato
Button mushrooms
Onion rings
Lettuce
Watercress
Fried apple
Russian salad
Black olives
Pickled walnuts

MORE SMÖRREBRÖD SUGGESTIONS

Lettuce, smoked salmon, sliced cucumber, lemon twists.
Lettuce, sardine, caviare, lemon twist.
Lettuce, smoked salmon, horseradish cream, lemon slice, parsley.
Caviare, chopped raw onion, raw egg yolk.
Herring fillets, potato salad, chopped beetroot.
Cold cooked white fish coated with salad cream, topped with tomato or pimiento.
Scrambled egg topped with smoked salmon, on a base of a lettuce leaf on toast.
Shrimps surrounding hard-boiled egg halves, covered with salad cream and decorated with dill or lettuce.

Shrimps with cheese and cucumber cubes in curry-flavoured salad cream.
Liver sausage, slices of tomato, chopped chives.
Liver pâté, rings of pimiento, cucumber cones, radish rose.
Salami slices, onion rings, chopped chives, black olives, mayonnaise.
Salami, mayonnaise, half-slices of cucumber, parsley.
Liver pâté, an anchovy fillet, horseradish cream and parsley.
Salami, scrambled egg, slices of leek.
Sliced tomato, sliced hard-boiled egg and chives.
Egg and tomato slices with piped mayonnaise and chopped chives to garnish.

SOUSED HERRING SLICE
(See colour picture No. 7)

6 small herrings
Salt and pepper
5 medium-sized onions, skinned
⅛ pint vinegar
¼ pint water
6 small red chillies
6–8 peppercorns
2 red pimientos, finely shredded
6 slices of bread and butter

Oven temperature: cool (300°F., mark 1)

Remove the herring scales and heads. Clean the fish thoroughly, split them open and remove the backbone. Sprinkle the flesh with salt and pepper. Slice the onions thinly and take out about 24 rings, to use for garnish. Chop the remaining onion, sprinkle it on the herrings, roll them from head to tail and fix the tails with cocktail sticks. Put the herrings in an ovenproof dish, add the vinegar, water, chillies and peppercorns, cover closely and bake in the centre of the oven for 1¼ hours. Remove from the oven and leave to cool. Arrange 3–4 raw onion rings on each slice of bread and butter and fill each ring with shredded pimiento. Place a herring on each slice.

DANISH BLUE SLICE
(See colour picture No. 7)

6 slices of bread and butter
12 oz. Danish blue cheese
2 tbsps firm chutney
12 stuffed olives, sliced

Top each slice of bread and butter with a slice of cheese to fit. Drop 1 small spoonful of chutney in the centre and surround it with sliced olives.

STUFFED BACON SLICE
(See colour picture No. 7)

6 tbsps Welsh rarebit mixture (see p. 89)
6–8 oz. sliced boiled collar of bacon
6 slices of bread and butter
6 tomatoes, thickly sliced

Spread cold Welsh rarebit evenly over the slices of bacon and roll them up. Place each roll on a slice of bread and butter, and outline on either side with thickly sliced tomato.

SHRIMP AND EGG SLICE

(See colour picture No. 7)

3 eggs, hard boiled
6 slices of bread and butter
3 tbsps. thick mayonnaise
12 oz. canned shrimps
6 tsps chopped chives (optional)

Cool the eggs; sieve the yolks and whites separately. Arrange a band of each across each end of the bread and butter slices. Coat the centre with mayonnaise, top with shrimps and, if liked, decorate with lines of finely shredded chives.

SALAMI SLICE

(See colour picture No. 7)

12 oz. salami sausage, sliced
6 slices of bread and butter
3 medium-sized onions, skinned and sliced

Arrange the sliced sausage on the bread and butter and top with the raw onion rings.

DANISH APPLE SLICE

(See colour picture No. 7)

6 slices of bread and butter
12 oz. Danish blue cheese
3 red-skinned eating apples, sliced

Cover each slice of bread and butter with a slice of cheese and some slices of unpeeled apple.

SHRIMP SLICE

(See colour picture No. 7)

3 large tomatoes, skinned
½ a cucumber
6 slices of bread and butter
3 tbsps. mayonnaise
12 oz. canned shrimps or prawns

Slice the tomatoes and cucumber and arrange in lines at each side of the slices of bread and butter. Fill the centre of each slice with mayonnaise and top with shrimps or prawns.

TOMATO CHEESE SLICE

(See colour picture No. 7)

10 oz processed cheese slices
6 slices of bread and butter
9–12 tomatoes
Chives

Cut the cheese in thick wedges. Arrange it on slices of bread and butter, with thickly sliced tomato and strips of chives.

SARDINE SLICE

(See colour picture No. 7)

1 large lettuce
6 slices of bread and butter
2 large cans of sardines
About 12 radishes

Separate, wash and drain the lettuce leaves. Arrange 2 heart leaves on each slice of bread and butter. Top each with 2 sardines (drained) and some sliced radish.

CHEESE AND CHIVES SLICE

(See colour picture No. 7)

6 slices of bread and butter
12 oz. processed cheese slices
6 tomatoes, sliced
6 tsps chopped chives
12 stuffed olives, sliced

Cover each slice of bread and butter with a slice of cheese, topped with thick slices of tomato and chopped chives. Put half an olive in each corner.

CREAM CHEESE SANDWICH LOAF

A 7 oz. can of salmon
3 tbsps. salad cream
1 tbsp. lemon juice
2 eggs
2 oz. cheese, grated
1-2 tsps. made mustard
2 oz. butter
2 tbsps. chopped parsley
2 tsps. chopped chives
1 tsp grated onion
Salt and pepper
A large tin loaf
¾ lb. cream cheese
A little milk
Sliced radish and parsley to garnish

Flake the salmon and mix it with the salad cream and lemon juice to taste. Scramble the eggs, add the cheese and mustard and leave to cool. Cream the butter with the chopped herbs and onion. Season all the fillings well. Cut the crusts from the top and short sides of the loaf, slice it into 6 lengthwise and trim off the remaining crusts from the slices. Spread one slice with half the salmon mixture, cover with a second slice, then spread with half the egg mixture; add another slice, spread with savoury butter, put on a slice covered with the remaining egg mixture, a slice with the remaining salmon and finally a plain slice of bread. Wrap the loaf in waxed paper, place between two boards and press well. Before serving, cover with the cream cheese, softened with a little milk. Garnish with the sliced radish and parsley sprigs. (Serves about 8.)

Note: Many other fillings can of course be used – for instance, chopped ham or other meat, creamed with mayonnaise and butter, and a salad ingredient such as chopped watercress, also mixed with mayonnaise and butter.

SECTION II

Appetisers and hors d'oeuvre

In a sense all hors d'oeuvre are appetisers, but in this chapter we have given that name to the titbits that can be eaten (often with a drink) before you sit down for the actual meal, and also to the fruit juices which are sometimes served in the same way.

The hors d'oeuvre section gives a wide selection of recipes and notes, arranged in alphabetical order; at the end of the chapter there is a group of unusual salads that make a good first course and another group consisting of home-made pâtés and potted meat.

CHAPTER 1

Appetisers and pre-meal nibblers

These titbits should be piquant, small and manageable. Avoid anything that is sticky or crumbles at a touch. You can buy many nibblers which are easily stored until needed – most of them ready to serve. Here are some of the most popular titbits, followed by a few recipes for home-made ones.

SAVOURY BISCUITS AND STRAWS

There are innumerable varieties, some flavoured with cheese, others with tomato, onion, Marmite and so on. "Cheese Footballs", "Twiglets" and Grissini (very long, thin baton-like biscuits) are particularly popular.

POTATO CRISPS

They may be either plain, or with various flavours, such as cheese and onion. Serve them cold or, even better, heat them for 5 -10 minutes in a hot oven (425 F , mark 7) and sprinkle with salt, paprika pepper or seasoned salt.

GHERKINS

Sold loose and in jars, stuffed and unstuffed.

OLIVES

These are sold both loose and bottled in brine. Types available include green olives - either plain or stuffed with pimiento or almonds - and black (Spanish) olives, unstuffed.

ONIONS

Small cocktail onions are available in various colours. Serve them on their own or use as a garnish for canapés and savouries.

SALTED NUTS

Buy read prepared ones or follow the recipe on page 10.

DEVILLED NUTS

Prepare as for salted nuts, but sprinkle with cayenne pepper and salt.

GRAPEFRUIT JUICE

Squeeze 2 grapefruit, strain the juice into glasses, add sugar to taste and chill before serving. Alternatively, chill a large can of grapefruit juice and serve in glasses, topped with a sprig of mint.

ORANGE JUICE

Squeeze 2 large oranges, strain the juice into glasses, add sugar to taste and chill before serving. Alternatively, chill a large can of orange juice and serve it in glasses.

TOMATO JUICE

Chill a large can of tomato juice. Just before serving, pour into glasses and serve with Worcestershire or Tabasco sauce and lemon wedges.

TOMATO JUICE COCKTAIL – 1

12 tomatoes, quartered
1 small onion, skinned and quartered
1 small stick of celery, chopped (or a good pinch of celery salt)
3 sprigs of parsley
4 tbsps. water
A squeeze of lemon juice
A dash of Worcestershire sauce
Salt and pepper

Put the tomatoes, onion, celery, parsley and water into the blender and blend at medium speed until smooth. Add the lemon juice and Worcestershire sauce, with seasoning to taste. Strain into glasses and chill before serving.

TOMATO JUICE COCKTAIL – 2

A 19-oz. can of tomato juice
1 stick of celery or a piece of onion, cut up
1 bay leaf
2 cloves
Pepper

Open the tomato juice can. Put the celery or onion in the can, with the bay leaf, cloves and a good shake of pepper, stir and leave in a cool place to infuse. Strain before serving.

VEGETABLE JUICE

2 carrots, peeled and quartered
1 small onion, skinned and quartered
3 sticks of celery, scrubbed and halved
3 tomatoes, quartered
1 apple, quartered and cored
1–2 tbsps. water
Salt and pepper

Put all the ingredients into an electric blender and blend at medium speed until smooth. Strain into glasses.

CHAPTER 2

Hors d'oeuvre

These can be a single ingredient, simply served (for example, sliced Continental sausage, oysters, tomato juice) or a selection, set out either on individual plates or on a large platter or a trolley. If you are serving hors d'oeuvre variés, choose ingredients that are well contrasted to each other in appearance, flavour and texture. It is usual to include some meat, some fish and some vegetables and or salad, with perhaps rice, pasta or a pulse vegetable, often a pickle, relish or chutney is added to give a piquant note. The hors d'oeuvre should contrast with, not echo, the other courses, and the portions should be small (unless you are serving mixed hors d'oeuvre as the main course in an informal lunch or supper).

Unless otherwise indicated, the recipes give 4 servings.

HORS D'OEUVRE VARIÉS

Mixed hors d'oeuvre might include four or five chosen from the following list:

Sardines
Anchovies
Rollmop herrings
Shrimps
Garlic, salami or other sausage
Gherkins
Olives
Beetroot
Radishes
Potato salad
Tomato salad
Onion salad
Russian salad
Cole slaw salad
Sweet corn and red pepper salad
Rice salad
Egg mayonnaise
Relish or chutney

PLATTER HORS D'OEUVRE

Choose a few items from the following, arranging them on individual plates. Don't forget to add some salad greenery, and perhaps thinly sliced or diced cheeses or cold meats. Flaky cheese straws make handy accompaniments.

Bermuda Salad. thinly sliced orange combined with thinly sliced or finely chopped raw onion.

Californian Salad: Slice 2 bananas, chop a small red and green pepper and chop ¼ lb. pineapple; mix this all together and toss in French dressing.

Cauliflower and Bean Salad: Separate a medium-sized cauliflower into small sprigs and cook; slice some cooked French or runner beans When the vegetables are cold, arrange on a plate and coat with salad cream.

French Beans in Sour Cream: Cut cooked beans into 1-inch pieces and dress with sour cream seasoned with lemon juice and ground pepper.

Glazed Onions particularly good with rare-roasted cold beef. Melt some butter in a pan over a low heat, add some prepared pickling onions, cook slowly until tender and glazed, then allow to cool.

Ham Titbits. Cut narrow strips of ham and roll these round skinned and pipped grapes, a small cube of beetroot or a piece of cucumber.

Orange Salad Skin an orange, removing as much pith as possible, slice and then chop, removing any pips Place in a dish and sprinkle with French dressing and chopped parsley.

Peaches and Cottage Cheese: Drain canned peach halves and fill each centre with 1 good tsp. cottage cheese, then top with salted nuts, seasoned salt or chopped chives.

Rice and Ginger Salad: Fold together 4 oz. cooked long-grain rice, ½ oz. chopped stem ginger, the chopped flesh of 1 small green pepper, 2-3 chopped spring onions, 1 cored and diced eating apple, 3-4 tbsps. lemon mayonnaise and ½ level tsp. curry powder.

Shredded Celery: in a cream dressing.

Sliced Radishes: Pour over the thinly sliced radishes a French dressing including 1 level tsp. finely chopped garlic and 1 tbsp. finely chopped parsley.

Swedish Cucumber: Slice some cucumber thinly, sprinkle with salt and leave to stand, then drain thoroughly. Cover with French dressing and freshly chopped dill.

AVOCADO PEAR

(See colour picture No. 8)

Allow half an avocado pear per person. Cut the pear open with a stainless knife, making a deep cut through the flesh up

to the stone and encircling the fruit. Separate the halves by gently twisting them in opposite directions and discard the stone. If the pear is not to be served at once, sprinkle it with lemon juice or cover closely with waxed paper to prevent the flesh from discolouring. Just before serving, moisten the cut edge and fill the hollow with vinaigrette dressing.

Here are three variations:

1. Fill the hollow with shelled shrimps, prawns, flaked crab or lobster meat, moistened with mayonnaise or sour cream, or with flaked tunny fish bound with mayonnaise and flavoured with a little chutney.
2. Dice a small piece of sharp-flavoured cheese such as Danish Blue or Roquefort and mix with some cottage cheese. Slice the pear lengthwise, remove the stone, carefully take out all the flesh, dice it and combine with the cheese mixture, then return all to the "shells".
3. Dice the avocado pear flesh as above and combine with a little chopped celery heart, a squeeze of lemon juice and some mayonnaise. Return the mixture to the "shells".

CRAB AND GRAPEFRUIT COCKTAIL

2 grapefruit
8 cooked asparagus tips
2 tbsps. salad oil
1 tsp. lemon juice
Salt and pepper
2 tbsps crabmeat
4 tsps. mayonnaise
Chopped parsley

Cut the grapefruit in half, carefully remove the flesh, chop and place in the skins or in glasses. Mix the asparagus with the oil, lemon juice and seasoning, pile on the grapefruit, and top each with a little crab. To decorate, put 1 tsp. mayonnaise on each portion and garnish with parsley.

AVOCADO-STUFFED EGGS

4 large eggs, hard-boiled
1 clove of garlic, skinned
1 avocado pear
Salt and pepper
Paprika
Lettuce or watercress

Cut the eggs in halves, lengthwise, remove the yolks and sieve them. Crush the garlic clove. Cream the avocado pear flesh and work in the egg yolks and garlic, then season to taste with salt and pepper. Pile into the egg white cases and dust with paprika. Serve with a curled lettuce leaf or sprig of watercress.

STUFFED EGGS: see page 45.

FENNEL AND GRUYÈRE CHEESE SALAD

Shred 1 fennel root and cut 4 oz. Gruyère cheese into slivers. Season well with freshly-ground black pepper and pour lemon and oil dressing over.

FILLED GLOBE ARTICHOKES

4 globe artichokes
4 tbsps. mayonnaise
Salt and pepper
1 hard-boiled egg yolk

Wash the artichokes, pull off the hard outer leaves and cut stems close to leaves. Cut off tops ¾ inch down and stand the artichokes upside-down in cold water for ½ hour. Drain, cover with boiling salted water (1 tsp. salt to 1 quart water) and cook until tender — 25–40 minutes. Drain and chill. Remove the centre "chokes", fill the hollows with mayonnaise, seasoned to taste, and sprinkle with sieved egg yolk.

GLOBE ARTICHOKES WITH BUTTER

Choose artichokes which have tightly closed, fleshy leaves. Cut off the stem close to the base of the artichoke and remove any dry outer leaves. Remove the central feathery part, and tie the artichoke leaves neatly together with fine string. Wash them, and cook in boiling salted water for 20–40 minutes, until the leaves pull off easily. Remove the strings, drain the artichokes, and serve with melted butter sauce or French dressing.

Canned artichoke hearts make a good hors d'oeuvre when tossed in a vinaigrette dressing.

GRAPEFRUIT

Cut each grapefruit in half and cut round each half, loosening the flesh from the outer skin. Cut between the segments to loosen the flesh from the membranes, sprinkle with sugar and chill before serving. If liked, decorate the centre with a Maraschino or glacé cherry.

GRILLED GRAPEFRUIT

Prepare two grapefruit as usual. Mix 2 level tbsps. brown sugar and 1½ level tsps. ground cinnamon, sprinkle over the grapefruit and dot with butter. Grill lightly under a medium grill until the sugar has melted and the grapefruit is heated through — 3–4 minutes; serve hot. Alternatively, prepare the grapefruit halves, spoon about 2 tsps. sherry and 2 level tsps. Demerara sugar over and grill. Decorate with a cherry.

GRAPES IN GRAPEFRUIT CUPS

2 grapefruits
¼ lb. grapes
4 Maraschino cherries

Cut the grapefruits in half with a sharp knife, making a zig-zag edge, and remove the flesh and core from the skins, leaving the skins unbroken. Peel and pip the grapes and mix with the diced grapefruit flesh. Return the grapefruit and grapes to the cups, chill, and just before serving top each with a cherry.

JERUSALEM ARTICHOKES HORS D'OEUVRE

Allow 3–4 artichokes per person. Peel, placing at once in cold water; cook in boiling salted water for 30–40 minutes until tender. Serve cold, tossed in mayonnaise or sour cream and sprinkled with cayenne pepper.

LOBSTER COCKTAIL

1 large lettuce
Sliced cucumber
A 7-oz. can of lobster meat
2 tbsps. mayonnaise
Salt and pepper
2 tbsps. vinegar

Arrange the lettuce heart in some individual glasses and decorate the edges of the glasses with sliced cucumber. Flake the lobster and mix with the remaining ingredients, pile in the glasses and serve chilled.

MELON SLICES

Chill a melon thoroughly and cut into wedge-shaped slices. Remove the seeds and loosen the flesh from the skin. Cut the flesh at right angles to the skin into wedge-shaped pieces. Dredge with caster sugar and serve with ground ginger.

MELON BALLS

Cut the top off the melon, remove the seeds from the centre and scoop out the flesh with a Parisian cutter or a teaspoon. Dredge the melon balls with sugar, sprinkle with Madeira or sherry and chill. Serve in small bowls, set if possible in crushed ice.

Alternatively, mix the melon balls with some chopped preserved ginger; add some ginger syrup and lemon juice and chill. Serve as above.

PROSCIUTTO AND MELON

Cut thin wedges of melon, remove the rind and sprinkle with black pepper. Wrap each wedge in a slice of prosciutto or Parma ham.

MUSHROOMS À LA GRÈCQUE

1 Spanish onion, skinned and finely chopped
2 tbsps. olive oil
2 tbsps. corn oil
¼ pint white wine
Salt
Freshly ground pepper
A bouquet garni
1 garlic clove, skinned (optional)
1 lb. button mushrooms
½ lb. tomatoes, skinned
Chopped parsley

Sauté the chopped onion in the mixed oils until soft and lightly coloured. Add the wine, season to taste and add the bouquet garni and the garlic (if used). Wash the mushrooms and trim the stems; seed the tomatoes. Add both to the onion mixture and cook slowly, uncovered, for about 15 minutes. Remove

from the heat and allow to cool. Remove the bouquet garni and if you wish add 2 more tbsps. olive oil. Sprinkle with finely chopped parsley and serve chilled. (Serves 4–5.)

OYSTERS

These should be opened only just before they are to be eaten – if you have to ask the fishmonger to open them for you, order them in advance and arrange to collect them shortly before they are needed. If you do the job yourself, remember to wash the oysters before you open them and to open them on the deep shell, to conserve as much as possible of the natural liquid. Medium-sized oysters are best; they should be tightly shut when purchased.

Arrange 5–7 oysters on each plate – if possible embedded in crushed ice. Garnish with lemon slices and hand thinly cut brown bread and butter separately, with salt and freshly ground pepper.

As a variation, you can serve a sharp cocktail sauce in a small container placed in the centre of the oysters; make it from chilli sauce, ketchup, horseradish and Worcestershire sauce.

PINEAPPLE HAM ROLL-UPS

An 8-oz. can of crushed pineapple
6 oz. cream cheese
¼ level tsp. salt
1 tsp. lemon juice
3 sticks of celery, diced
8 thin slices of cooked ham

Drain off the juice from the pineapple. Blend the cream cheese, salt, lemon juice and celery. Spread each slice of ham with some of the mixture. Heap 1 tbsp. of the crushed pineapple across one short end of each ham slice, roll up and chill before serving.

SMOKED SALMON

This must be very thinly cut and you need only about 1½–2 oz. per serving. Just serve it with lemon juice, freshly ground pepper and if you wish, some capers to accentuate the flavour. Hand thinly cut brown bread and butter separately.

SCAMPI COCKTAIL

2 tbsps. tomato ketchup
1 tbsp. Worcestershire sauce
4–8 lettuce leaves
Salt and pepper
Lemon juice
A 4-oz. pkt. of frozen scampi

Mix the ketchup and sauce. Shred the lettuce and sprinkle with salt and pepper, adding a dash of lemon juice. Toss the lettuce in the sauce, place in glasses and arrange the thawed scampi neatly on top.

Prawn cocktail may be made in a similar way; use ¼ pint prepared prawns.

SNAILS À LA BOURGUIGNONNE

1 can of snails
½ pint dry white wine
¼ pint brandy
1 onion stuck with cloves
2 cloves of garlic, skinned and crushed
A bouquet garni
Salt and butter

For the Snail Butter

4 oz. softened butter
½ a shallot, skinned and finely chopped
1 clove of garlic, skinned and crushed
1–2 tsps. chopped parsley
A good pinch of mixed spice
Salt and pepper

Oven temperature: very hot (450°F., mark 8)

Remove the snails from the can and place in a pan with the rest of the ingredients. Simmer gently for 1 hour, remove from the heat and allow to cool in the liquor. Meanwhile mix the ingredients for the snail butter, blending well Put a snail into each shell, fill up with snail butter and put the shells in an ovenproof dish. Bake them towards the top of the oven for 10 minutes and serve hot.

Note: If shells are not provided with the can of snails, simmer the snails as before, put them into an ovenproof dish, place the butter over and round them and bake as above.

SWEET CORN SAVOURY

An 11-oz. can of sweet corn kernels
1 hard-boiled egg, chopped
2 tbsps. cooked rice
2 tbsps. mayonnaise
Salt and pepper
Sliced olives to garnish

Mix all the ingredients together, seasoning well, and serve garnished with sliced olives.

STEAK TARTARE

6 oz. raw fillet beef
2 small onions, skinned
1 oz. gherkins
2 tsps. capers
2 tsps. parsley
2 tsps. lemon juice
Worcestershire sauce
Salt and pepper
2 unbroken egg yolks

Scrape the meat on to a board; shape into 2 rounds about 1 inch deep, make a hollow in each round, then put on to a dish or on a slice of brown bread and butter. Chop the onions, gherkins, capers and parsley separately and put in piles round the meat. Sprinkle the meat with lemon juice and sauce, season and place an egg yolk in the centre of each round. (Serves 2.)

The ingredients of this appetiser are mixed as you eat.

Once you have acquired the taste for this "starter" (which is very popular on the Continent, especially in Scandinavia) you will find it a delightful dish.

TOMATO AND BLACK OLIVES

4 tomatoes
½ a clove of garlic, skinned and crushed
3 tbsps. mayonnaise
Black pepper
8 olives, stoned and coarsely chopped

Skin the tomatoes and scoop out the seeds and pulp. Put the pulp in a bowl, mix well with the crushed garlic and add the mayonnaise. Pour this dressing over the tomatoes, filling each, and sprinkle lightly with pepper. Scatter the olives over the tomatoes.

Variation: A good alternative filling is made from 2 scrambled eggs mixed with some of the scooped-out tomato pulp and about 6 sliced olives; garnish with more sliced olive.

HORS D'OEUVRE SALADS

Here are several unusual "starter" salads.

COPENHAGEN SALAD

½ pint mayonnaise (preferably home-made)
12 oz. petits pois (canned or frozen)
8 oz. sweet-sour pickled cucumbers or gherkins
8 oz. small pickled beetroots
Eating apple and hard-boiled egg to garnish
Lemon juice

Make the mayonnaise. Heat or cook the petits pois according to the instructions on the container, drain and cool. Dice the drained cucumber or gherkins, making the pieces about the same size as the peas. Slice the drained beetroots. Just before serving, fold these ingredients together. Turn the mixture into a shallow bowl and garnish with thinly sliced apple dipped in lemon juice and with sliced hard-boiled egg. (Serves 6–8.)

DANISH HERRING SALAD

3 tbsps. cherry brandy
1 level tbsp. tomato paste
1 level tsp. French mustard
1 level tsp. Worcestershire sauce
1 tbsp. malt vinegar
Pickled herrings
1 small onion, skinned and quartered
Capers and finely chopped onion to garnish

Whisk together the cherry brandy, tomato paste, French mustard, Worcestershire sauce and vinegar. Drain the herrings and slice them thickly. Arrange with the onion quarters in a dish and pour over sufficient of the marinade mixture to cover the fish. Leave for at least 3 4 hours in a cool place (if con-

venient, leave them overnight). To serve, arrange the drained herrings in a shallow dish, spoon a little of the marinade over them and garnish with capers and chopped onion. (Serves 6.)

GUACAMOLE SALAD

3 avocado pears
1 large tomato, skinned
1 green pepper, cored and seeded
French dressing
Chilli powder
Crisp lettuce

Mash the avocado flesh. Chop the tomato and mince the pepper. Blend these ingredients well and add enough French dressing to give a creamy consistency. Use just enough chilli powder to give a hot, spicy tang without overpowering the rest of the ingredients. Serve on lettuce, with cracker biscuits. (Serves 6.)

FRUIT, NUT AND CHEESE SALAD

(See colour picture No. 9)

8 oz. curd cheese
1 tbsp. raisins, stoned
Lettuce
6 canned peaches, sliced
4 walnut halves
Cucumber and watercress to garnish

Beat the cheese until smooth. Put the raisins into boiling water for 1–2 minutes, to soften them, drain well and cool, then mix with the cheese. Place the lettuce on a dish in 4 individual portions and put a roughly heaped tbsp. of mixture on each. Arrange on top a couple of slices of peach and half a walnut and garnish with cucumber slices and watercress sprigs.

Apricot halves may be used instead of peach slices.

HAM AND SALAMI ANTIPASTO

4 slices of Parma ham
4 slices of tomato
4 slices of Italian salami
4 sticks of celery, each cut in 4 2-inch strips
A 3¼-oz. can of tuna
4 anchovy fillets, halved
A 2½-oz. can of red pimientos, cut in strips
4 black olives
4 green olives
4 tsps. capers

Lay the slices of ham on a platter, lengthwise and overlapping each other. Between them arrange the slices of tomato and salami alternately. Pile the celery at either end of the dish. Place the tuna fish across the centre and cover with anchovy fillets. Pile the pimiento at one side of the dish. Stone the olives and slice into strips, then pile the black ones in two opposite corners and the green ones in the remaining corners. Place the capers down both sides of the fish.

KIDNEY BEAN SALAD

An 11-oz. can of kidney beans or green flageolets
3 large tomatoes
½ a green pepper
1 small onion
2 stalks of celery
Mayonnaise
Chilli powder
Cos lettuce
4 rashers of streaky bacon, rinded and cooked crisply

Drain the beans Skin and dice the tomatoes; chop the pepper (removing the seeds and any membranes); skin and chop the onion; chop the celery. Flavour the mayonnaise with a very little chilli powder. Lightly mix all these ingredients and pile on crisp cos lettuce leaves. Crumble the bacon and sprinkle over the salad. (Serves 6.)

SAVOURY PEAR SALAD

(See colour picture No. 9)

1 lettuce
2 pears
Lemon juice
2 oz. Danish Blue cheese
½ oz. butter
3 oz. cream cheese
Top of the milk
Paprika
Cucumber and tomato to garnish

Wash the lettuce and drain thoroughly. Peel the pears, cut in half, core and dip into lemon juice to prevent their turning brown. Cream the Danish Blue cheese and butter until smooth and spoon a little into the hole in each pear-half. Place the pears core side down on lettuce leaves. Blend the cream cheese with the top of the milk until it is smooth and of a coating consistency, then spoon it over the pears, coating them evenly. Sprinkle with paprika and garnish with a slice of tomato or cucumber. Serve very cold, with rolled bread and butter or with water biscuits.

Pâtés

There is a good variety of bought pâtés available, but home-made ones have an appeal that is all their own and for large quantities they work out less expensive. The following recipes are varied in type, from simple to fairly rich and elaborate.

Allow 1½–2 oz. pâté per person. If liked serve a crunchy garnish on the plate – cos lettuce, celery heart, tomato segments, chicory, olives, gherkins and watercress.

SIMPLE LIVER PÂTÉ

Put some cooked liver twice through a fine mincer, then pound it with about half its weight of butter. Season very well and use on hot buttered toast.

FRENCH-STYLE PÂTÉ MAISON

¼ lb bacon rashers, rinded
1½ lb calfs' or lambs' liver
½ lb. chicken livers
1 clove of garlic, skinned and crushed
1 egg, beaten
2 tbsps. double cream
2 tsps. brandy
Salt and pepper

Oven temperature: warm (325°F., mark 3)

Line a 2-lb. loaf or pâté tin with the strips of bacon. Mince the two kinds of liver and add the garlic, egg, cream, brandy and seasoning to taste. Mix well, place in the tin and cover with foil. Stand the tin in a shallow dish of water and bake just below the centre of the oven for about 2 hours. Allow to cool, cover with a plate, put a weight on top to press the pâté and chill overnight. Turn it out of the mould just before serving, garnish as desired and slice thinly. (Serves about 10.)

LEBERWURST PÂTÉ

1 leberwurst sausage (8–9 oz.)
3 tbsps. lemon mayonnaise
1 tbsp. wine vinegar
1 onion, skinned and minced
¼ level tsp. pepper
Gherkin fans to garnish

Beat together the liver sausage, mayonnaise, vinegar and onion. Divide between 6 small individual dishes and chill. Just before serving, garnish each with a gherkin fan. Serve with salted cracker biscuits. (Serves 4–6.)

A very mild, smooth pâté that could equally well be used as topping for canapés or in sandwiches.

MIXED MEAT PÂTÉ

6–8 oz. bacon rashers, rinded
¼ lb. lambs' liver, chopped
¼ lb. lean raw pork, chopped
¼ lb. sausage-meat
1 oz. fresh white bread-crumbs
1 tbsp. milk
1 small onion, skinned and finely chopped
A little beaten egg
1 small glass of brandy
Salt and pepper
A good pinch of ground nutmeg
8 oz. cold roast chicken, duck or game, sliced

Oven temperature: warm (325°F., mark 3)

Line a 2-lb. loaf or pâté tin with the rashers of bacon. Mix together the liver, pork, sausage-meat, bread-crumbs, milk, onion, beaten egg, brandy and seasonings. Fill the tin, starting with a layer of the sliced poultry or game, alternating it with the sausage mixture and finishing with a layer of sliced meat. Cover with foil, place the tin in a shallow dish of water and bake just below the centre of the oven for 2½–3 hours. Remove from the oven, cover with a plate, put a weight on top to press the loaf and chill overnight. Turn the loaf out and serve sliced. (Serves 6–8.)

CHICKEN LIVER PÂTÉ

2 oz. butter
1 small onion, skinned and chopped
2 bay leaves
A pinch of dried thyme
1 lb. chicken livers
Salt and pepper

Melt the butter in a pan and add the onion, bay leaves and thyme. Cook gently for 2–3 minutes. Prepare the chicken livers and cut each into 2–3 pieces. Add to the pan and simmer gently for 5–7 minutes, until the liver is cooked. Remove the bay leaves and mince the liver once or twice, using a fine grinder (the second mincing gives a smoother pâté). Season well, divide between 4–6 individual dishes or place in one larger one. Cover with a thin layer of melted butter and chill well. Serve with fingers of hot buttered toast. (Serves about 6.)

A mild, smooth pâté, not too rich. It may be made 1 day in advance, if chilled in the refrigerator overnight.

PÂTÉ DE BRUXELLES

A 3-lb. oven-ready chicken
1 lb. pork or veal, finely minced
A pinch of powdered allspice
A pinch of powdered cloves
A pinch of dried thyme
Salt and freshly ground black pepper
2 tbsps. brandy or sherry
1 egg, beaten
¾ lb. streaky bacon

Oven temperature. cool (300°F., mark 1–2)

Bone the chicken and cut the flesh into fillets. Scrape the flesh from the bone and pound or mince with the giblets. Add the minced pork or veal, allspice, cloves, thyme and seasoning to the pounded chicken. Add the brandy or sherry and sufficient beaten egg to form a soft forcemeat. Lightly grease a tin measuring 9 by 5 inches and 3 inches deep (2-pint capacity); line with rashers of bacon. Add alternate layers of chicken and forcemeat, beginning and ending with forcemeat. Finish with bacon and press the mixture well down. Cover with greaseproof paper and foil. Stand the tin in a baking tin containing about 1 inch of water and bake just below the centre of the oven for 3 hours. When cooked, take off the foil, place a weight on the pâté and leave in a cool place. Serve cut in slices, with Melba toast or thinly sliced brown bread and butter. (Serves 6–8).

A mild pâté that could also be served as part of a platter of cold meats.

SECTION III

Snacks

CHAPTER 1

Snacks for any time of day

When there's no time for a proper meal – the train was late; you missed lunch or dinner; you feel peckish after an evening out; the youngsters are starving and it's hours till lunch tea/dinner/supper . . . turn to this chapter. These are not real meals but genuine snacks. Some are included as "reminders"; some are more elaborate than others; some can be quickly put together from store-cupboard items; some require a certain amount of cooking; some might mean picking up one or two articles from the nearest late-closing supermarket or delicatessen.

Skim through the contents when you have a little leisure, and the chances are that in an emergency you will remember something to contrive from what you have available.

Unless otherwise indicated, the recipes give 4 servings.

Something on Toast

Crisp, hot, freshly-made toast is the most accommodating basis for snacks that has ever issued from the kitchen. It's nutty but self-effacing flavour goes equally well with such delicacies as mushrooms, poached new-laid eggs, a good pâté, or with humble leftovers heated on a little sauce.

Here then is a representative collection of such toasted snacks. A few of the recipes suggest fried bread as a basis and one or two mention crumpets; but almost invariably you can substitute toast if that is more convenient. If on the other hand bread has run short, cream cracker biscuits, water biscuits, crispbread, etc., could be used as a base for most of these recipes. The snacks would then have to be eaten in the fingers, rather than with knife and fork, so avoid anything runny, and don't pile the topping too high.

CHEESE ON TOAST

8 oz firm cheese, grated
1 level tsp. dry mustard
Salt and pepper
½–1 tsp Worcestershire sauce
Milk to mix
Buttered toast

Mix the cheese and seasonings and bind to a paste with milk. Spread on the toast and grill until golden and bubbling.

SWISS TOASTS

4 slices of bread
Butter
Chutney
4 slices of luncheon meat
4 slices of cheese, cut thinly
2 tomatoes, halved
A little made mustard

Oven temperature: moderate (350°F., mark 4)

Toast the bread on one side, butter the uncooked side and spread with chutney. Place on a baking tray, cover with luncheon meat, then cheese, and cook in the centre of the oven for about 5 minutes until the cheese begins to melt. Place half a tomato on each slice of toast and bake until the tomato is cooked. Top with mustard.

WELSH RAREBIT

8 oz. Cheddar cheese, grated
1 oz. butter
1 level tsp. dry mustard
Salt and pepper
3–4 tbsps. brown ale
4 slices of buttered toast

Place all the ingredients except the toast in a thick-based pan and heat very gently. until a creamy mixture is obtained. Pour over the toast and grill until golden and bubbling.

BUCK RAREBIT

(See colour picture No. 10)

Welsh Rarebit topped with a poached egg.

YORKSHIRE RAREBIT

Top the Welsh Rarebit with a slice of boiled bacon and then a poached egg.

WELSH RAREBIT WITH ONION

Add some fried chopped onion to the cheese mixture before cooking.

WELSH RAREBIT WITH RICE

Include about 4 oz. cooked rice and reduce the amount of cheese to 4–6 oz. Cook and finish as above.

CHEESE AND ONION CRISP

1–2 onions, skinned and thinly sliced
Salt and pepper
4 slices of buttered toast
4–6 oz. cheese, sliced

Parboil the onions in salted water for 5–10 minutes. Drain well and lay on slices of buttered toast. Sprinkle with salt and pepper, cover with the strips of cheese and cook under a hot grill until golden and bubbly.

FRIED CHEESE SLICES

4 slices of bread
2–3 oz. butter
1–2 rashers of bacon, rinded
4–6 oz. Gruyère, Port Salut or Bel Paese cheese, sliced

Fry the bread in the butter until the first side is golden. Meanwhile fry the bacon until crisp. Turn the slices and cover with slices of cheese. Cover the frying-pan with a lid or large plate and cook gently till the cheese melts. Just before serving crumble the bacon over the cheese slices.

SCRAMBLED EGGS ON TOAST

2 eggs
2 tbsps. cream or milk
Salt and pepper
1 oz. butter
2 slices of buttered toast

Beat the eggs, add the cream or milk and season. Melt the butter in a pan, pour in the mixture and stir over gentle heat until it thickens, remove from the heat and stir until the mixture is quite thick. Pile on to hot toast (Serves 2.).

Vary scrambled eggs by adding chopped herbs, grated cheese, shrimps, anchovies, cooked tomatoes, onions, mushrooms or fried bacon, etc.

SCRAMBLED EGGS AND KIDNEYS

4 lambs' kidneys
A little dripping
½ oz. butter
8 eggs, beaten
8 tbsps. milk
Salt and pepper
4 rounds of buttered toast

Skin, wash and chop the kidneys and fry in the dripping. Melt the butter in a saucepan, add the eggs and the milk, season and cook slowly over a low heat, stirring continuously. Place on the hot buttered toast and put the kidney on top.

CURRIED SCRAMBLE

1 small onion, skinned and chopped
Fat for frying
1½ level tsps. curry powder
4 eggs
1 tsp chopped parsley
3 tbsps. milk
Salt and pepper
2 slices of buttered toast or 2 crumpets

Fry the onion in a little fat, then add the curry powder and fry gently. Pour in the rest of the ingredients, beaten together; serve on hot buttered toast or crumpets. (Serves 2.)

SCRAMBLED EGGS WITH BACON AND RICE

6 rashers of bacon, rinded
6 tbsps. milk
4 oz. cooked rice
6 eggs, beaten
Salt and pepper
6 slices of buttered toast

Chop the bacon finely and fry in a saucepan until crisp. Add the milk, rice, eggs and seasoning. Cook gently, stirring all the time, until the mixture sets lightly. Remove from the heat, pile on to the buttered toast and serve immediately. (Serves 6.)

FLUFFY FRIED EGGS

4 eggs, separated
Salt
Dripping
Buttered toast or chopped cooked spinach

Whisk the egg whites and a pinch of salt until stiff. Heat a little dripping in a frying-pan and put in the beaten egg white, dividing the mixture into 4 portions and making a hollow in the centre of each. Drop an egg yolk in the centre of each white and fry until set. Serve on the hot buttered toast or the spinach.

POACHED EGGS ON ASPARAGUS

4 small bundles of asparagus
4 rounds of bread
Butter
4 eggs
Salt and pepper
Chopped parsley or paprika pepper

Cook and drain the asparagus and keep it hot. Toast and butter the bread and poach the eggs. Arrange the asparagus on the toast and top with the eggs; season and sprinkle with parsley or paprika pepper.

SAVOURY MERINGUE SLICES

4 eggs, separated
4 rounds of buttered toast
Salt and pepper
1 oz. Parmesan cheese, grated
Parsley to garnish

Put the egg yolks on to the rounds of toast.

Whisk up the whites until really stiff. Add some seasoning to the cheese and fold into the egg white. Pile on the toast and leave under a low grill for about 10 minutes, until firm and golden brown. Serve at once, garnished with a sprig of parsley or as desired.

CRAB TOASTS

A little butter
1 oz. fresh white bread-crumbs
A 3¼-oz. can of crab-meat
3 tbsps. top of milk
Salt and pepper
1 tbsp. sherry
4 slices of toast

Melt 1 oz. of butter in a saucepan, add the bread-crumbs and crab-meat, mix well and stir in the top of the milk. Stir for a few minutes over the heat and season well, then pour in the sherry. Cut the toast into fingers, removing the crusts, butter, pile high with crab-meat and serve piping hot.

Fresh crab-meat may of course be used in this way.

SAVOURY FISH TOAST

½ lb. cooked smoked haddock
1 oz. butter
½ oz. flour
¼ pint milk and water
Pepper and a little salt
Buttered toast

Flake the fish, removing the bones. Melt the butter and add the flour; gradually add the liquid, bring to the boil and cook well. Now add the fish and seasoning and pile the mixture on the toast.

ROES ON TOAST

½ lb. herring roes
1 oz. fat
Seasoned flour
4 rounds of toast
Butter
Anchovy paste
Chopped parsley to garnish

Wash the roes thoroughly and dry them in a cloth. Melt the fat in a pan, dip the roes in seasoned flour and fry until golden brown. Spread some buttered toast with a little anchovy paste and pile the fried roes on it. Serve immediately, garnished with a little chopped parsley.

HAM AND EGG SAVOURY

1 small green pepper, seeded and cut up
1 oz. butter
1 oz. flour
½ pint milk
A 6-oz. can of condensed chicken soup
4 oz. ham, chopped
3 hard-boiled eggs, chopped
½ level tsp. salt
A pinch of paprika pepper
4–6 rounds of toast, buttered

Cook the green pepper in boiling water, then chop it finely. Melt the butter in a saucepan without browning, add the flour and mix over a low heat for 2–3 minutes; remove from the heat, gradually add the milk and boil for another 2–3 minutes. Stir in the soup, chopped pepper, ham and eggs, and season to taste. Serve piping hot on the buttered toast. (Serves 4–6.)

Variations

1 Tomato soup with diced cheese.
2 Mushroom soup with chopped chicken and hard-boiled egg.

HAWAIIAN SANDWICHES

4 round slices of bread
Butter
4 slices of ham
4 rings of pineapple
4 oz. cheese, grated
Paprika pepper
Parsley or watercress

Toast the bread and butter it well. Place a slice of ham on each piece and cover with a pineapple ring and 1 oz. of the cheese. Put it in an ovenproof dish, grill until golden brown, sprinkle with paprika pepper and garnish with parsley or watercress.

BACON TOAST

4 rashers of bacon, rinded
4 apple rings
4 slices of toast
Parsley to garnish

Grill the rashers and keep hot while frying the apple rings in the bacon fat. Serve on the toast, garnished with parsley.

PINEAPPLE RINGS WITH BACON

4 slices of bread
4 rings of canned pineapple
4 rashers of bacon, rinded
Oil
Parsley to garnish

Using a pastry cutter, cut rounds of bread the size of the pineapple rings. Skewer the bacon rashers to make them wavy. Brush the pineapple with the oil and grill with the bacon until brown. Meanwhile fry the rounds of bread in the fat from the bacon rinds. Place the pineapple rings on the fried bread, garnish with parsley and arrange the bacon around.

SAUTÉED KIDNEYS ON TOAST
(See colour picture No. 10)

4 lambs' kidneys
1 oz. butter
1 level tsp. chopped onion
2 oz. mushrooms, chopped (optional)
Salt and pepper
1 level tsp. flour
¼ pint stock
2 tbsps. sherry (optional)
A squeeze of lemon juice
4 rounds of buttered toast

Skin the kidneys, remove the core, wash and dry, then slice them. Melt the butter and fry the chopped onion, mushrooms (if used) and seasoning. Add the kidneys and cook, stirring, for about 5 minutes. Add the flour (with a little extra butter if required to work this in), pour in the stock and the sherry (if used) and a little lemon juice; cook for a few minutes, and then serve on the toast (or fried bread).

MUSHROOMS ON TOAST
(See colour picture No. 10)

½ lb. mushrooms, peeled
Salt and pepper
Butter
2–3 tbsps. stock or milk
Chopped parsley
4 rounds of toast

Oven temperature: fairly hot (400°F., mark 6,

Well butter an ovenproof dish which has a close-fitting lid. Put in the mushrooms, with salt and pepper and a knob of butter inside each mushroom cap. Add stock or milk, cover and bake just above the centre of the oven for about 20 minutes. Add some chopped parsley and turn the mushrooms over in the liquid. Serve on hot buttered toast (or on bread lightly fried in hot butter).

Alternatively, fry the mushrooms with a little bacon.

STUFFED MUSHROOMS ON TOAST

8 medium-sized mushrooms, washed and drained
1 small onion, skinned and finely chopped
½ oz. butter
3 tbsps. finely chopped ham or cooked bacon
5 tbsps. fresh white bread-crumbs
1 oz. cheese, grated
1 tsp. chopped parsley
Beaten egg to bind
Salt and pepper
4 rounds of buttered toast

Oven temperature: fairly hot (375°F., mark 5)

Remove and chop the stalks from the mushrooms. Lightly fry the stalks and the onion in the butter for 3–5 minutes, until soft but not coloured. Add the ham or bacon, bread-crumbs, cheese and parsley and enough egg to bind them all together. Stir until well mixed and hot, season to taste and pile into the mushroom caps. Put the mushrooms in a greased tin, cover

with greaseproof paper or foil and bake in the centre of the oven for about 20 minutes. Serve on buttered toast.

Hearty Sandwiches and Rolls

Ordinary sandwiches you know about, but in this section we introduce you to (or remind you of) some less hackneyed variations which are very good for a snack meal.

MEAL-IN-THE-HAND SANDWICHES

With French loaves, rolls and brown breads, you can make a fine range of interesting, quickly prepared and quite substantial snacks. These super-sandwiches depend on an unusual combination of flavours and textures to make them really enjoyable, so it is essential to have at hand a good range of appetising cooked meats and fish (whether fresh or canned), pickles, chutneys, relishes, salad vegetables and fruit.

When using rolls, it is a good plan to scoop out part of the soft crumb, to give more space for the filling.

Long French loaves can be split lengthwise and well buttered, then filled with overlapping slices of such things as ham, salami and Gruyère cheese. Scatter a few rings of red and green pepper over the cheese, and dab all the meats with a little French mustard (or English if preferred), or even more exotic ones flavoured with herbs, or that very masculine version made by mixing the dry mustard with piquant table sauce. Replace the top of the loaf and cut into portions large enough to be satisfying, but not so large as to be unmanageable. Other fillings which are particularly suitable for making these hearty sandwiches are thinly sliced cold beef, strips of tongue or roast pork, slices or rounds of sausage and any of the Continental cheeses. When time allows, garnishes such as stuffed olives, gherkins, anchovy fillets, etc., will make the sandwiches look tempting and give added piquancy.

Decker and toasted sandwiches are equally good as filling snacks (see recipes).

Provide plenty of hot coffee or long cold drinks, according to the season.

DECKER OR CLUB SANDWICHES

Choose two fillings which will mix together. Slice the bread fairly thickly, allowing 3 slices of bread to each sandwich and spread each slice lightly with butter or margarine, or with a plain or flavoured salad dressing. Now cover the first slice with one filling, place another piece of bread on top, then a second filling, and cover with the third slice of bread. Garnish with parsley, gherkins, watercress, lettuce or potato crisps.

FILLINGS FOR DOUBLE DECKER SANDWICHES

Chicken and Gruyère cheese, with roast beef slices and lettuce.
Chicken and thin slices of tomato, with tongue slices spread with a little mustard.
Chopped cooked chicken livers, bacon, sliced tomato and mayonnaise.
Sliced Frankfurter sausages, lettuce, mustard and salad dressing.
Shrimps and chopped green pepper, with celery and mayonnaise.
Anchovy paste and butter, with thinly sliced cucumber.
Cheese with chopped hard-boiled egg and thin tomato slices.
Gruyère cheese and crisply-fried bacon, with thin slices of tomato and lettuce and a little French dressing.
Ham or bacon with seasoned scrambled egg.
Ham with green salad and sliced hard-boiled egg.
Flaked salmon or haddock, moistened with a little mayonnaise with thin slices of cucumber, seasoned with pepper and salt.
Grilled ham or bacon, with sliced sausages, spread with freshly made mustard.
Cream cheese with chopped celery and sliced chopped ham or meat loaf.

HOT TOASTED SANDWICHES

These may be served as an open or closed sandwich, and the bread may be toasted before or after the filling is added. Cut the bread $\frac{3}{8}$ inch thick and remove the crusts - this makes the toast much more crisp and delicious. Be sure to have the grill or toaster really hot, or the toast will be hard.

Butter the toast and spread with a hot filling, cover with a second slice of toast if desired, and decorate with a gherkin fan (see Garnishes for Party Fare, page 51), olives, crisp onion rings, etc.

FILLINGS FOR TOASTED SANDWICHES

Scrambled egg, chopped chives and bacon rolls. Arrange on a layer of sliced tomato and garnish with an olive.
Diced meat and cooked vegetables in white sauce; sprinkle grated cheese on top and grill.
Chopped cooked or canned meat, sliced apples and sultanas fried in a little butter, add curry powder to taste and garnish with crisply fried onion rings.
Mashed sardine with sliced gherkin.
Chopped lightly fried ham or bacon, chutney and mushrooms.
Crisp bacon and tomato sauce with a poached egg on top,

sprinkled with grated cheese and browned under the grill.
Grilled steak on a soft roll, garnished with onion rings.
Boned kipper flesh piled on toast in a pyramid shape.
Mashed bananas on toast, sprinkled with chopped walnuts.

TOASTED HAM AND CHICKEN DECKERS

12 half-slices of bread
Butter
4 slices of ham
Made mustard
4 slices of cooked chicken
Salt and pepper
4 sliced tomatoes
Lettuce leaves, shredded
Worcestershire sauce

Toast the bread. Butter 4 of the slices of toast on one side, lay them flat and put a slice of ham and a little made mustard on each. Top with the chicken slices, sprinkled with salt and pepper. Cover with a second piece of toast, buttered on both sides. Cover with sliced tomato and shredded lettuce and sprinkle with salt, pepper and a dash of Worcestershire sauce. Cover with a third piece of toast, buttered on one side, and serve immediately.

Either chicken or ham may be used separately.

TOASTED OPEN CHEESE SANDWICHES

8 slices of bread (preferably brown)
Butter
6 oz. cheese, grated
1 small onion, skinned and grated
½ level tsp. salt
¼ level tsp. pepper
3 bacon rashers, rinded and chopped, or 3 tomatoes (sliced)

Toast the bread lightly and butter it. Mix the cheese, onion, salt and pepper, spread on the toast slices, top with bacon or tomato and grill under a medium heat until the cheese is bubbly. Serve immediately.

CAPE COD SANDWICH

Cover a slice of hot buttered toast with a layer of mashed crab-meat. Add a thin slice of cheese and grill until the cheese melts. Top with a second slice of toast and garnish with pickled cucumber.

WELSH RAREBIT AND PINEAPPLE SANDWICH

3 slices of bread
4 oz. cheese, grated
Made mustard
1 oz. butter, melted
1 tbsp. milk
Salt and pepper
2 slices of pineapple
Tomato ketchup

Toast the bread and keep it hot. Put the cheese, mustard, melted butter, milk and seasoning into a basin and mix well;

spread the mixture over the toasted side of the slices to golden brown. Place the 2 slices of pineapple on the remaining slice and grill. Arrange the slices on top of each other, finishing with the pineapple slices on top. Decorate with the tomato ketchup in the centre of each pineapple slice. Serves 1.

GRILLED GRUYÈRE CHEESE SANDWICHES

Cut thin slices of white bread but do not remove the crusts. Butter them and put a slice of Gruyère or Emmenthal cheese on a slice of bread, sprinkle with salt and pepper. Cover with another buttered slice of bread, pour a few drops of milk over each and brown under the grill until the cheese has slightly melted. Serve hot.

FRIED SANDWICHES

Fried sandwiches make a delightful change and they are not as easy to prepare as toasted ones. Most of the fillings given on page may be used, but there are a few more which are especially delicious when crisply fried in bread.

Minced ham with mustard.

Bacon and kidney.

Crisp bacon and lettuce.

Mashed banana sandwiched between bread and butter and then fried.

Scrambled egg, anchovies and chopped tomato. Rounds of fried bread topped with bacon slices and rings of apple, sprinkle with grated cheese, garnish with sweet olives and place under a hot grill.

Place a layer of cheese between sliced bread and fry until golden brown.

Sandwich frankfurters between fried bread, top with sliced pineapple and garnish with a gherkin fan.

CHEESE DREAMS

Make some small cheese sandwiches in the usual way and cut off the crusts. Melt some butter in a frying pan and fry the sandwiches until golden and crisp on both sides. Serve at once.

As a variation, use grated cheese combined with chutney as filling, or use equal sized slices of ham and cheese.

CROQUE-MONSIEUR

(See colour picture No. 10)

This traditional French snack is more substantial than Cheese Dreams and takes a little longer to prepare. Make some sandwiches containing sliced cheese, cooked ham and a little cheese sauce. Fry in butter until golden, and put the sandwiches in a buttered dish. Cover with cheese sauce, sprinkle with a few bread-crumbs and grated cheese and brown under a hot grill.

SAVOURY DINNER ROLLS

Bridge or dinner rolls make a satisfying snack if buttered and filled with wedges of luncheon meat, with a slice of sharp-flavoured cheese, apple rings, a little chutney or sliced olives. Rolls which have become soft may be crisped up in the oven before being filled.

Here are some even heartier fillings to add after buttering the split rolls and spreading with a little mustard, sauce or chutney:

A hamburger sandwiched with a slice of pineapple.
A sausage cake with a slice of tomato.
Rashers of bacon with sliced banana.
Some slices of cold duck, game or chicken.
A thick wedge of cheese wrapped in cooked bacon with tomato slices.
A halved banana wrapped in ham.

HOT STUFFED ROLLS

4 crisp dinner rolls
1 oz. butter
2 oz. mushrooms, chopped
3 tomatoes, skinned and chopped
1 small onion, skinned and grated
3 eggs
Salt and pepper

Oven temperature: moderate (350°F, mark 4)

Cut a slice from the top of each roll and scoop out some of the soft inside. Melt the butter, add the vegetables and fry lightly for 5–10 minutes, until soft but not coloured. Whisk the eggs with some seasoning, pour into the pan and stir with a wooden spoon over a low heat until the mixture thickens. Pile into the bread shells, replace the lids and put in the centre of the oven for about 15 minutes, until the rolls are crisp and the filling thoroughly heated. Serve at once.

SAUSAGE BANANA SPLITS

4–6 pork sausages
Hot chutney
Sweet chutney
Thinly sliced banana
Sliced cheese
4–6 buttered rolls

Cut the sausages lengthwise and grill them until they are nearly cooked. Spread them with chutney, place slices of bananas and cheese on them and grill them for a further 5 minutes. Sandwich the sausages between the buttered rolls and serve piping hot. (Serves 4–6.)

HOT DOGS

Split some long rolls and spread with butter or margarine. Have the sausages ready fried and hot and put one in each roll; serve at once. Chutney or mustard should accompany

these rolls the German mustard supplied in jars or tubes is very suitable.

PARTY HOT DOGS

Hollow out bridge rolls, place Frankfurters in them, surround with strips of processed cheese and streaky bacon and secure with cocktail sticks. To cook, grill gently until golden and bubbly; serve with mustard or tomato sauce.

FRENCH BREAD WITH SALAMI

Cut a French loaf slantwise into ¾-inch slices, then slit each slice across diagonally, leaving the bottom crust uncut. Spread butter in the slits and place a slice of salami in each

Any other Continental type of sausage may be used instead of salami, or you can include neatly trimmed slices of cold chicken, veal, etc. This is strictly a snack for the young and hearty.

STUFFED FRENCH LOAF

1 French loaf
5 sticks of celery, chopped
A little butter
¼ lb. cream cheese
Milk
Salt and pepper
1 hard-boiled egg, sliced
1 tomato, sliced
Watercress

Cut the top off the loaf at a slight angle, so that you remove the top and part of the inside. Scoop out some of the inside to make plenty of room for the filling. Mix the celery with the butter, cream cheese, milk and seasoning. Pile the filling into the loaf, replace the top and cut into 2- or 3-inch slices. Put the loaf together again on a serving dish, decorate the sides with slices of egg, arrange slices of tomato on top and garnish with watercress.

PIQUANT FRENCH LOAF

1 red and 1 green pepper
1½ oz. black olives
2 oz. green olives
1½ oz. gherkins
1½ oz. capers
2 sticks of celery
4 medium-sized tomatoes, skinned
1 small onion, skinned
A small French loaf
A pinch each of paprika pepper, salt and black pepper

Remove the core and seeds from the peppers and stone the olives. Chop them, with the gherkins, capers and celery. Chop the tomatoes and onion and add to the other ingredients. Cut the loaf in halves lengthwise, remove all the crumb and add this to the vegetable mixture; season well.

Fill the halves of the loaf with the mixture, put together, wrap in greaseproof paper or aluminium foil, and if possible leave in the refrigerator till the next day. To serve, cut into slices ½–¾ inch thick.

Omelettes and other Egg Dishes

An omelette is the classic dish for a meal in a hurry; it can be filled in many delicious ways, or flavoured by adding to the basic egg mixture. Since eggs are probably the most versatile of foods, we also give a selection of other dishes based on them. Those traditional snacks, poached and scrambled egg, are of course included in the "Something on Toast" section, page 89.

An omelette needs only a few minutes' cooking and is spoilt by keeping, so it should never be made until just before it is to be served. Before beginning to cook, have ready all the ingredients and utensils and a very hot serving dish, if any filling is to be used, it should be prepared beforehand and kept hot.

If possible, use a special omelette pan, with a rounded join between sides and base; after use, wipe the pan out but do not wash it unless absolutely necessary. To prepare the pan for use, heat it, sprinkle it with salt and then wipe it round with a piece of soft paper – this ensures a clean, smooth surface.

PLAIN OMELETTE

Allow 2 eggs per person. Whisk them lightly, season with salt and pepper and add 1 tbsp. water. Place the pan over a gentle heat and when it is hot add a knob of butter to grease it lightly. Pour the beaten eggs into the hot fat. Stir gently with the back of the prongs of a fork, drawing the mixture from the sides to the centre as it sets and letting the liquid egg from the centre run to the sides. When the egg has set, stop stirring and cook for another minute until it is golden underneath. Tilt the pan away from you slightly and use a palette knife to fold over a third of the omelette to the centre, then fold over the opposite third. Turn the omelette out on to the warmed plate, with the folded sides underneath, and serve at once. Don't overcook or the omelette will be tough.

OMELETTE FILLINGS AND FLAVOURINGS

Cheese: Grate 1½ oz. cheese and mix 1 oz of it with the eggs before cooking; sprinkle the rest over the top of the omelette after it has been folded.

Ham: Cook ½ tsp. chopped onion in butter until soft but not brown; add 5 oz. chopped cooked ham and heat thoroughly. Lay this mixture on the cooked omelette before folding. Alternatively add 2 oz. chopped ham or tongue to the egg mixture before cooking.

Tomato: Peel and chop 1–2 tomatoes and fry in a little butter in a saucepan for 5 minutes, until soft and pulpy. Add 1 level tsp. mixed or fresh herbs. Put in the centre of the omelette before folding.

Kidney: Prepare and chop a sheep's kidney and sauté in ½ oz. butter for 15–20 minutes, until tender. Just before the cooking is finished, add 1 level tsp. paprika pepper. Lay this filling in the centre of the omelette and fold over. Alternatively cook 1 level tsp. finely chopped onion with the kidney.

Fines Herbes: Use ½ level tsp. chopped fresh herbs (chervil, tarragon, lovage and winter savory are suitable) or a pinch of dried herbs, adding them to the mixture before cooking.

Mushroom: Wash and slice 2 oz. mushrooms and sauté in 1 oz. butter in a saucepan until soft. Put in the centre of the omelette before folding it.

Bacon: Rind and chop 2 rashers of bacon and fry in a saucepan until crisp. Put in the centre of the omelette before folding. Cooked asparagus tips and, or grated cheese may be sprinkled over the cooked omelette.

Chicken: Either mix 1½ oz. finely diced cooked chicken with the eggs, or combine the chicken with a creamy sauce and use as a filling for the cooked omelette.

Flaked Fish: Prepare the omelette in the usual way, but add 2-3 tbsps. flaked cooked fish to the eggs before pouring the mixture into the frying-pan. Alternatively reheat the fish in a little cheese sauce before folding it into the omelette.

Shrimp or Prawn: Thaw out 2 oz. frozen shrimps or prawns and sauté in melted butter in a saucepan, with a squeeze of lemon juice. Put the mixture into the centre of the omelette before folding.

Green Pea: Cook the peas in the usual way, toss them in butter, lay them on half the cooked omelette and fold over.

Further Variations

If you want something a little more satisfying than the ordinary omelette, there are all sorts of possibilities - you can use a rather more substantial filling; serve the omelette with various accompaniments; or make either an extra-large omelette or the "multiple" type described below. Soufflé omelettes are particularly suitable when you wish to make a good impression – they have a very light texture, look attractive and lend themselves to many variations; they take a little more time, but the result justifies it.

SOUFFLÉ OMELETTE

2 eggs, separated
Salt and pepper
2 tbsps. water
½ oz. butter

Whisk the yolks till creamy. Add the seasoning and water and beat again. Whisk the egg whites as stiffly as possible. At this point place the pan containing the butter over a low heat and let the butter melt without browning. Turn the egg whites into the yolk mixture and fold in carefully, using a spoon, but don't over-mix. Grease the sides of the pan with the butter by tilting it in all directions and then pour in the egg mixture. Cook over a moderate heat until the omelette is golden brown on the underside. Now place the pan in a moderate oven (350 F., mark 4) or under the grill until the omelette is browned on the top. Remove at once when it is ready, as over-cooking tends to make it tough. Run a spatula gently round the edge and underneath the omelette to loosen it, make a mark across the middle at right angles to the pan handle, add any required filling – see suggestions given for plain omelette – and double the omelette over. Turn it gently on to a hot plate and serve at once. (Makes 1 serving.)

BAKED SOUFFLÉ OMELETTE

4 eggs, separated
A pinch of salt and pepper
2 tbsps. water
A knob of butter
Filling as desired

Oven temperature: moderate (350°F., mark 4)

Whisk the yolks thoroughly with the seasoning. Add the water. Whisk the egg whites stiffly and fold into the yolk mixture. Grease a shallow dish with butter and put the omelette mixture on to it. Bake in the centre of the oven for 15–20 minutes. Add any desired savoury filling. (Serves 2.)

ASPARAGUS AND CHEESE OMELETTE

A 7-oz. can of asparagus
4 eggs
1 tbsp. water
Salt and pepper
4 oz. Cheddar cheese, grated
A knob of butter

Cut off the green tips of the asparagus, with about 1 inch of the stalk, and heat these; chop the rest. Make a soufflé omelette in the usual way, adding the chopped asparagus and 3 oz. of the grated cheese to the egg yolks. Cook as usual, but do not fold; slide it on to a warm plate, make a slight incision in the middle of the omelette with the point of a knife, put in the warm asparagus tips in a bundle and sprinkle with the rest of the cheese.

If preferred, make a plain omelette and fill with a thick cheese sauce containing cooked or canned asparagus tips.

CHEESE OVEN OMELETTE

1 onion, skinned and chopped
4 rashers of streaky bacon, rinded and chopped
1 oz. butter
8 eggs
¼ pint plus 4 tbsps. milk
½ level tsp. dried herbs
Salt and pepper
4 oz. Cheddar cheese, grated

Oven temperature: moderate (350°F., mark 4)

Fry the onion and bacon together in the butter until browned. Turn into a 9-inch ovenproof flan dish. Beat the eggs, milk, herbs, salt and pepper together. Pour into the dish and sprinkle with the cheese. Bake in the centre of the oven for 35–40 minutes, or until just set.

FRIDAY OMELETTE

½ lb. smoked haddock fillet, cooked
4 eggs, lightly beaten
Pepper and salt
¼ pint white sauce
1 oz. Cheddar cheese, grated
2 oz. Gruyère cheese, grated, for topping

Flake the fish and add to the eggs. Season with pepper and a very little salt. Follow the method given for plain omelette, but do not fold – slide the omelette on to a hot dish. Pour over it the hot sauce to which the Cheddar cheese has been added, sprinkle with the grated Gruyère and brown quickly under a hot grill. (Serves 2.)

BAKED MUSHROOM OMELETTE

4 eggs
½ level tsp salt
¼ pint single cream or milk
Mushroom filling (see below)

Oven temperature: fairly hot (400°F., mark 6)

Beat the eggs together with the salt and add the cream or milk. Pour into a well-greased baking dish and bake just above the centre of the oven for 15–20 minutes, or until golden brown – take care not to allow it to set too firmly. Slide it on to a hot plate, cover with the filling and fold over. (Serves 2.)

MUSHROOM OMELETTE FILLING

2 oz. butter
6–8 oz. mushrooms, sliced
¼ level tsp. salt
Pepper
1 level tbsp. flour
¼ pint milk
⅛ pint single cream
2 tsps. sherry or Madeira

Melt the butter, add the mushrooms and seasoning and sauté for about 10–15 minutes, until tender. Add the flour and stir over the heat without browning; gradually stir in the milk, then bring to the boil and cook for 2–3 minutes. Remove from the heat, allow to cool slightly, blend in the cream and sherry and use at once.

PEASANT OMELETTE

2 oz. fat salt pork
2-3 cold cooked new potatoes, diced
4 eggs
Salt and pepper

Dice the salt pork and heat it in a frying-pan. When there is enough fat add the potatoes and cook all until golden. Beat the eggs, season and add to the pan. When the egg starts to coagulate, move it with a fork to allow the uncooked egg to reach the pan. When firm on the underside and still runny on the top, fold over once and serve. (Serves 2.)

MULTIPLE OMELETTE

If you want to serve omelettes to several people, try making a multiple omelette. First make a plain omelette with 2 eggs, but don't fold it – just lay it flat on a plate which is standing over a saucepan containing boiling water. Spread the top with shrimps mixed with a little cream. Make the next omelette, lay it over the first one, and top with cooked green peas. Repeat, this time using chopped ham mixed with cream, then add another omelette with chopped mushrooms fried with onions, and lastly one with grated cheese. To serve, cut the stack into wedge-shaped pieces.

The fillings may of course be varied in any way you like, and you may alter the number of omelettes you sandwich together, according to the number of people – allow about one per person.

OMELETTE BONNE FEMME

2–3 rashers of bacon, rinded
2 rounds of stale white bread, finely diced
1 cooked potato, diced
6 eggs
1 tsp. chopped chives
2 tbsps. chopped parsley
Salt and pepper
Fresh tomato sauce

Cut the bacon into small pieces and fry until the fat flows, then remove the bacon. Add the bread and potato and fry in the bacon fat until crisp. (If there is insufficient fat, add a little lard.) Beat the eggs and add the cooked bacon, chives, parsley, salt and pepper. Pour over the bread. Move mixture with a spatula or palette knife; when the underside is golden and the surface still moist, fold over; serve with a fresh tomato sauce. (Serves 3.)

TORTILLA ESPANOLA (Spanish Omelette)

1 tomato
2 cooked potatoes
2 canned pimientos
1 small onion
Olive oil
2 tbsps. cooked peas
4 eggs
Salt and pepper

Skin, slice and chop the tomato; dice the potatoes; cut up the pimientos; skin and chop the onion. Fry the onion lightly in a little olive oil. Add the peas, tomato, potato and pimientos and continue cooking for a few minutes, stirring all the time with a spoon. Beat the eggs, season well and pour them into the pan. When one side is lightly and evenly browned, cover with a plate, turn the omelette and cook the other side. Do not fold; serve hot, with tomato sauce. (Serves 2–3.)

BAKED EGGS WITH CHEESE

Butter
Mozzarella or Bel Paese cheese, sliced
2 eggs per person
Sliced ham (optional)

Oven temperature: moderate (350°F., mark 4)

Put a little butter into some small individual ovenproof dishes and put them in the oven to melt the butter. When the butter is hot, divide the cheese between the dishes, then break 2 eggs into each. Bake in the centre of the oven until the cheese is melted and the eggs are set—8–10 minutes. Serve in the dishes in which they were cooked. A slice of ham may be added to each dish before the cheese, if you wish.

Alternatively, place the eggs in the buttered dishes and sprinkle with grated Cheddar cheese. Bake as above.

EGG AND HAM CROQUETTES

1 oz. butter
1 oz. flour
¼ pint milk
2 hard-boiled eggs, chopped
4 oz. ham, chopped
Salt and pepper
Flour to coat
Egg and bread-crumbs to coat
Fat for deep frying
Grilled tomatoes

Make a thick sauce with the butter, flour and milk. Add the eggs and ham and season to taste. Cool, then form into 8 sausage-shaped croquettes. Dip in flour and egg-and-crumb them. Heat the fat until it will brown a 1-inch cube of bread in 40 seconds. Fry the croquettes until golden-brown and serve them with grilled tomatoes.

EGG AND MUSHROOM RAMEKINS

2–3 mushrooms, chopped
2 oz. butter
Salt and pepper
1 tsp. chopped parsley
4 eggs
4 tbsps. single cream (optional)

Oven temperature: moderate (350°F., mark 4)

Sauté the mushrooms in the butter until cooked; add salt and pepper and the parsley. Line the bottom and sides of 4 ramekin dishes with this mixture and break an egg into each dish. Add 1 tbsp. cream to the top of each egg. Place the dishes in a shallow tin, surround with a little boiling water and bake in

the centre of the oven for 5–10 minutes, or till the eggs are set.

If more convenient, the whole of the cooking may be done either on top of the stove or in the oven.

Pancakes, Fritters, Waffles

When there is time for some simple cooking, these are often a good idea to help you ring the changes on toasted snacks.

PANCAKES

4 oz. plain flour
A pinch of salt
1 egg
½ pint milk
Lard for frying
Filling

Sift the flour and salt into a basin. Make a well in the centre and drop in the egg. Add about half of the milk by degrees and mix to a smooth batter, gradually drawing in the flour from the sides. Beat thoroughly, then add the rest of the milk, to give the consistency of thin cream. Heat a little lard in a frying-pan until it is smoking hot, run it round the sides of the pan and pour off any surplus. Pour in sufficient batter to cover the pan thinly (a jug will be found convenient). Cook quickly until the pancake is golden brown underneath, turn or toss, and cook the second side. Turn out and spread with the filling. (Those given for omelettes, pages 101–102, are quite suitable.) Roll the pancake up and serve at once.

STUFFED PANCAKES

1 egg
½ pint milk and water
4 oz. plain flour
½ level tsp. salt
Minced leftovers of a joint (about 8 oz.)
2 oz. mushrooms or 2 tomatoes, skinned and chopped
Leftover cooked vegetables (e.g., carrots, peas) or frozen or canned vegetables
1 level tsp. mixed herbs
1 bouillon cube
A little gravy, stock or water
2 oz. lard

Make the batter by beating the egg and 2 tbsps. milk and water with the flour and salt to form a smooth mixture; add the remaining liquid gradually and leave the batter to stand. Combine the meat, vegetables, herbs, bouillon cube and gravy to give a moist filling. Simmer, covered, till required.

Melt just enough lard in a thick frying-pan to coat base and sides; when it is smoking hot, pour in batter to cover base of pan. Cook till golden brown, then toss or turn and cook the second side. Leave the pancakes on the plate in the slow oven till all are cooked. Spread with filling, roll up and serve at once.

CHICKEN PANCAKES

5 oz. plain flour
Salt and pepper
½ pint milk
1 egg
A knob of butter
2 level tsps. curry powder
¾ lb. chicken, cooked in ½ pint milk
Fat for frying pancakes
Slices of skinned tomato to garnish

Sift 4 oz. of the flour and a pinch of salt, mix with the milk and egg to form a smooth batter and beat well. Melt the butter, add the curry powder and remaining flour and cook slowly for about 8 minutes. Add the chicken liquor gradually, cook the sauce for a few minutes, then season to taste. Add the chicken meat, chopped in small pieces, and keep hot. Make pancakes with the batter in the usual way, fill with the mixture and roll up. Garnish with sliced tomato.

HAM AND CHEESE PANCAKES

2 oz. plain flour
Salt
1 large egg
¼ pint milk and water
Fat for frying
4 oz. ham
3 oz. cheese, grated
Rings of green pepper to garnish

Put the flour into a bowl, add the salt and the egg, then gradually stir in the liquid, mixing to a smooth batter. Heat the fat in a frying pan and when really hot, pour in sufficient batter to form a thin layer over the base of the pan. Cook the pancake on one side, turn and cook the other side; keep it hot while making 3 more pancakes. Put a slice of ham on each pancake, sprinkle it with cheese and roll up. Arrange the pancakes in a serving dish, sprinkle the rest of the cheese over the top and brown it lightly under the grill. Serve garnished with the green pepper rings. (Serves 2.)

SAVOURY FRITTERS

1 small onion, skinned
2 medium potatoes, peeled
Salt and pepper
Fat for frying

For the coating batter

4 oz. plain flour
A pinch of salt
1 egg
¼ pint milk

Make the batter first. Sift the flour and salt into a bowl, make a well in the centre and break in the egg; add half the milk, gradually stir in the flour, then beat the mixture until it is smooth and bubbly. Stir in the rest of the milk. Slice the onion and potatoes thinly. Sandwich each onion slice between 2 potato slices and season. Dip into the batter and fry in shallow or deep fat for 6 minutes. Drain on crumpled absorbent paper. Serve hot, with cold meats.

BACON FRITTERS

4 oz. plain flour
Salt and Cayenne pepper
2 level tsps. chopped onion
1 egg
Milk
Fat for frying
4 oz. lean bacon, rinded and chopped
2 level tsps. baking powder

Mix the flour, seasoning and onion, add the egg, and gradually stir in milk to make a stiff batter; beat well. Have ready some really hot fat and add the bacon and baking powder to the batter. Drop teaspoonfuls of the mixture into the fat and fry golden brown. Drain, and serve very hot.

COD'S ROE FRITTERS

8 oz. cod's roe
¼ pint coating batter (see above)
2 oz. lard or dripping to fry
Tomato sauce

Mash the roe and gradually mix in the batter. Heat the fat in a pan until smoking hot, then drop in spoonfuls of the batter mixture, turning when the fritters brown on one side. Drain well and serve immediately, with tomato (or anchovy) sauce.

FISH FRITTERS

½ lb white fish (e g , cod, haddock), cooked
2 eggs, separated
2 level plain tbsps. flour
Salt and pepper
1 tsp. finely chopped garlic
1 tsp. finely chopped parsley
Fat for frying

Flake the fish and mix with the beaten egg yolks, flour, seasoning, garlic and parsley, then fold in the beaten egg whites Heat some fat, drop in the mixture in spoonfuls, fry on both sides and serve at once.

SAVOURY WAFFLES

4 oz. plain flour
2 level tsps. baking powder
A pinch of salt
1 egg, separated
2 tbsps. melted butter
About ¼ pint milk
Topping or accompaniment

Sift the dry ingredients into a basin and make a well in the centre. Drop in the egg yolk and melted butter, then add the milk gradually. Beat well and fold in the stiffly beaten egg white; the mixture should be of the consistency of thick cream.

Heat the waffle iron evenly. Pour in just enough batter to run over the surface (a measure is usually supplied with electric waffle irons). Do not overfill, or the mixture will be unable to rise properly and will ooze out. Close the iron and leave for 2 3 minutes to cook, turning it over if using a non-electric type. When cooked, the waffle should be golden brown and

crisp and easily removed from the iron – if it sticks, cook for a minute longer. Repeat the process until all the mixture has been used.

These waffles (or bought ones) may be served in many ways – for example:

Pile on them minced, cooked or canned meat, mixed in a curry-flavoured sauce.

Top with devilled ham.

Serve with scrambled eggs which have been flavoured with herbs or tomato.

BACON WAFFLES

8 oz. plain flour
1 level tbsp. baking powder
Salt and pepper
2 eggs, separated
½ pint milk
4 oz. bacon, rinded and chopped

Put the dry ingredients in a basin, make a well in the centre, add the egg yolks and ¼ pint milk and mix to a batter. Lightly fry the bacon and add this to the batter; add the remaining milk and lastly fold in the stiffly beaten egg whites. Brush the waffle iron with melted lard and heat until smoking hot. Pour in enough batter to run over the surface, close the iron and cook 2–3 minutes, turning the iron if necessary, to brown the waffle evenly on both sides; when cooked, it should be golden brown and crisp and easily removed. Repeat until all the mixture is used.

CHEESE FLAPJACKS

4 eggs
1 level tbsp. grated onion
1½ oz. plain flour
½ level tsp. salt
⅛ level tsp. pepper
1 level tsp. baking powder
3 oz. American processed cheese, grated
2 oz. fat or salad oil

Beat the eggs and add the onion; sift in the flour, seasoning and baking powder and blend well. Stir in the cheese. Heat some of the fat in a frying-pan; drop in large spoonfuls of the egg mixture and brown on both sides, turning once. Add more fat as needed. Serve at once, with canned cranberry sauce, marmalade or sautéed bananas.

MOCK PIZZA – I

For the Cheese Scone Dough

8 oz. self-raising flour
A pinch of salt
1½ oz. butter or margarine
2–3 oz. cheese, finely grated
1 level tsp. dry mustard
¼ pint milk (approx.)

For the Filling

A 2-oz. can of anchovies
3 oz butter or margarine
2 oz. cream cheese
2 oz cheese, finely grated
A 4¼-oz can of sardines
A few olives

Oven temperature: hot (425°F., mark 7)

Mix the flour and salt and rub in the fat until the mixture resembles fine bread-crumbs Stir in the cheese, mustard and enough milk to give a fairly soft, light dough. Roll dough into a 9-inch round and bake on a baking tray towards top of oven until well risen and brown - about 12 minutes; split in half when cool. Reserve 8 12 anchovies and chop the rest Beat together the fat and the cheeses. Put half the mixture in a forcing bag with a fluted nozzle. Beat the chopped anchovies into the remaining mixture and spread half on the scone; replace the top and spread the rest of the mixture on top. Place the sardines on top, pipe with cheese mixture and decorate with curled anchovies and olives; cut into wedges. (Serves 6–8.)

MOCK PIZZA – II

8 muffins
Tomato sauce
12 oz. cheese, grated
½ level tsp. dried thyme
¾ level tsp. salt
⅛ level tsp. pepper
A little olive oil

Oven temperature: hot (425°F., mark 7)

Split the muffins in half and spread them with tomato sauce. Combine the cheese with the thyme and seasoning and pile on top of the muffins. Pour a little oil over the top and bake towards the top of the oven for about 20 minutes, or until the topping is golden brown and the muffins cooked. (Serves 8.)

CHEESE SCONES

(See colour picture No. 2)

8 oz. self-raising flour
½ level tsp. salt
Pepper
2 oz. butter
3–4 oz Cheddar cheese, finely grated
¼ pint milk
Beaten egg to glaze

Oven temperature: very hot (450°F. mark 8)

Sift the flour, salt and pepper together and rub in the butter. Add the cheese and the milk at once, mixing lightly and quickly to a soft dough. Knead firmly until smooth and roll out ¾ inch thick. Cut out, brush with beaten egg and bake on a baking sheet towards the top of the oven for about 10 minutes, until pale golden brown.

CHAPTER 2

Substantial savouries for supper or high tea

Space alone limits what can be put in this chapter. We give the widest possible selection of recipes, grouped under the main headings Meat, Poultry and Fish; Eggs and Cheese; Pasta and Rice; Vegetables. Unless otherwise indicated, recipes give 4 servings.

Obviously, many of the dishes given in the preceding chapter could equally well be served for supper or high tea, if bulked out by plenty of bread or toast and butter, or by vegetables or salad, or even unaccompanied, but preceded by hearty soup or followed by a good sweet. Most of the dishes suggested in this chapter, however, are fairly filling in their own right.

To begin with, here's a batch of useful reminders.

QUICK IDEAS

Pre-cooked Rice can be used to produce a very quickly made accompaniment to meat, poultry, game or fish.

For extra variety, mix the cooked rice with any of the following:

Grated carrot and chopped parsley
Chopped red peppers and grated cheese
Stoned raisins and curry powder
Sautéed mushrooms and celery.

The rice can also be varied by replacing plain water by a flavoured liquid – for instance:

Cook it in tomato juice and sprinkle with chopped chives.
Cook it in chicken stock and sprinkle with paprika pepper.

Pasta can be combined in layers with another savoury mixture, then topped with breadcrumbs and grated cheese and baked in a moderate oven (350°F , mark 4) for 20 minutes. Try these:

Macaroni, chopped cooked ham or bacon, peas and white sauce.

Spaghetti, chopped cooked sausage, fried onion, cheese sauce.

Pasta, sliced hard-boiled egg, tomato and white sauce.

Canned and Packet Foods can also be used to produce quick pasta dishes. These three are all very appetising:

A can of minced steak, one of tomato purée and a grated onion, heated together and served as a sauce over pasta.

½ lb. sausage-meat fried with 1 chopped onion or 2 sticks of celery and mixed with a can of spaghetti in tomato sauce.

A can of condensed chicken soup, 2 tbsps. peas and 2 oz. sautéed mushrooms, heated together and served as a sauce over pasta.

Poultry, Meat and Fish

CHICKEN CHEESE

4 portions of chicken
4 oz. butter
2 slices of onion
A pinch of dried thyme
½ pint stock
1½ oz. flour
¼ pint dry cider
¼ pint single cream
Salt and pepper
2 level tsps. mild mustard
4 oz. strong Cheddar cheese, grated

Sauté the chicken in the butter until tender (about 20 minutes). Put the pieces on to a heatproof dish and keep hot. Simmer the onion with a pinch of thyme in the stock. Strain the stock and add to the flour, stirring all the time. Stir in the cider, cream, seasonings and half the cheese, then pour into the pan and allow to simmer for 10 minutes. Pour this sauce over the chicken, sprinkle with the remaining cheese and brown under a very hot grill.

FRIED CHICKEN

A small roasting chicken
1 egg, beaten
Fresh bread-crumbs
3–4 oz. dripping or fat
Cooked potatoes
French beans, fresh or frozen
Tomato or brown sauce

Joint the chicken and divide it into neat pieces. Egg-and-crumb these twice, patting the crumbs well in. Heat the fat in

a frying-pan and when it is smoking hot, put in the chicken and fry on one side until golden brown, then turn it and fry on the other side, keeping the heat low so that the meat will cook right through. Meanwhile, sauté the potatoes and cook the beans Drain the chicken on kitchen paper, then serve with the potatoes, French beans and tomato or brown sauce.

CHICKEN LIVERS EN BROCHETTE WITH SCRAMBLED EGGS

¾ lb. chicken livers
4 rashers of streaky bacon
2 medium-sized firm tomatoes
A 7½-oz. can of mushrooms
Melted butter
Salt and pepper
Scrambled egg (made with 6 eggs)

Wash and dry the livers. Rind the bacon and cut into 1-inch pieces. Cut each tomato into 6. Drain the mushrooms. Alternate the livers, bacon, tomato and mushroom on 5-inch skewers. Brush each item well with melted butter and season Pre-heat the grill and place the skewers on the greased grill rack. Grill gently for about 10 minutes, turning them twice and brushing with butter each time. Make the scrambled egg. Put in a hot dish, top with the brochettes and serve at once.

BEEF CURRY AND RICE

1 lb. lean stewing steak, diced
2 oz. butter or dripping
2 onions, skinned and chopped
1 clove of garlic, skinned and crushed
1 apple, peeled and chopped
1 level tbsp. curry powder
1 oz. flour
½–¾ pint stock
Juice and grated rind of 1 lemon
1–2 oz raisins, stoned

Note: This curry can be made beforehand and re-heated for about ½ hour before serving.

Brown the meat in the fat, add the onions and garlic and fry until golden. Add the apple, curry powder and flour and stir until well blended. Gradually add the stock and simmer for about 2 hours, or until the meat is tender, adding the lemon and raisins after about 1½ hours. Taste before serving and adjust the seasoning if necessary; 1 2 tsps. chutney or red-currant jelly can be added at this stage

Serve with a large bowl of plain boiled rice (allowing 2 oz. raw rice per person). With ½ lb. rice use 3 pints water and 1 tsp. salt; put the washed rice into the fast-boiling salted water and boil for 15 minutes, then drain it in a sieve and pour cold water through to get rid of the loose starch. Put the rice back into fresh boiling water and cook for 2 3 minutes, keeping the pan uncovered throughout Drain the rice; if it must be kept warm, put in a cool-to-moderate oven, covered with aluminium foil or a cloth.

With the curry serve a selection of the following, arranging them in small bowls on a tray:
Flaked coconut; sliced bananas sprinkled with lemon juice; sliced tomatoes, cucumbers and peppers; pineapple chunks; chutney; poppadums (which can be bought in tins ready for cooking).

FAGGOTS

1 large onion, skinned
4 oz. pigs' liver
4 oz. pigs' heart
3 oz. pork fat
6 oz. fresh white bread-crumbs
1 tbsp. chopped parsley
½ level tsp. mixed dried herbs
2 level tsps. salt
¼ level tsp. pepper
Pigs' caul, if available

Oven temperature: hot (425°F., mark 7)
Blanch the onion in boiling water for 10 minutes and drain. Finely mince the onion, liver, heart and fat. Add the bread-crumbs and herbs and season with salt and pepper. Cut the pigs' caul into 6 pieces about 4 inches square and place some of the faggot mixture in each. Wrap up and place side by side in a baking tin 6 inches by 4 inches, so that the faggots are touching. (If you are unable to obtain a pigs' caul, cover the tin closely with greaseproof paper.) Bake towards the top of the oven for about 45 minutes, uncovering for the last 10 minutes if greaseproof paper is used.

FRIED MINCE STEAKS

1 lb. minced beef
2 oz. chopped suet
1 level tbsp. grated onion
A pinch of spice
Pepper and salt
Flour for coating
Fat for frying

Blend the main ingredients together and form the mixture into cakes about 3 inches across and 1 inch thick, then dip them lightly into flour. Melt the fat in a pan and when it is really hot, put in the meat cakes and fry them quickly on both sides. Cover the pan and finish the cooking at a lower temperature for about 10–12 minutes. Place the steaks on a hot dish, and serve with peas or fried tomatoes and a well-flavoured sauce. Mashed potato made into small cakes and browned in the oven forms a good accompaniment.

BACONBURGERS

12 oz. cold bacon, minced
3 oz. fresh bread-crumbs
2 level tsps. chopped parsley
Pepper
2 eggs
Seasoned flour
Fat for frying

Mix the bacon with the bread-crumbs, parsley and a sprinkling of pepper. Beat in the eggs and form mixture into flat cakes,

rolling them in a little seasoned flour if very sticky. Melt the fat and fry the hamburgers on both sides until golden brown. Serve with peas and tomato sauce, or sandwiched in a buttered roll.

INDIVIDUAL BEEF COBBLERS

A 15-oz. can of stewed steak
Salt and pepper
A 10-oz. can of tomato juice
8 oz. flour
1 level tsp. baking powder
1 level tsp. mixed herbs
2 oz. fat
Milk or milk and water
Egg to glaze

Oven temperature: hot (425°F., mark 7)

Put a good spoonful of steak into each of 4 ovenproof individual casseroles and cover with some well-seasoned tomato juice. Bake towards the top of the oven to heat for about 15 minutes. Meanwhile put the flour and baking powder into a bowl and add some seasoning and the herbs. Rub in the fat, then add enough liquid to form a soft dough. Knead lightly and cut into rounds. When the meat is well heated and bubbling well, remove from oven and quickly put the savoury scones on top; brush with a little egg and bake for a further 7–10 minutes.

KEBABS

(see colour picture No. 16)

Thread an assortment of small pieces of food on skewers. (You can do this early in the day and refrigerate the kebabs until needed.) To cook, brush with melted butter, cooking oil or fruit juice and grill for about 15 minutes, basting and turning regularly to ensure even cooking. All meat must be of prime quality, lean and very tender so that it will cook quickly. Raw meat can be marinated in a mixture of oil, vinegar, a crushed garlic clove and a few peppercorns to make it more tender and spicy. Dish the kebabs on a bed of savoury rice or pasta, or serve with vegetables or salad as available, or with rolls and butter.

Suggested kebab combinations:

Cubes of liver, bacon rolls, mushroom caps or quartered tomatoes.

Cubes of ham, pineapple, baby carrots.

Cubes of luncheon meat, gherkins, spring onions.

Chunks of skinless sausage, wrapped in pimiento, ripe olives, sliced green peppers.

Cubes of lamb, beef or veal (marinated), with segments of onion, courgette and tomato.

Cubes of steak, liver and kidney with mushrooms and tomatoes.

Chunks of Frankfurter with apple and onion segments.

Cubes of cheese wrapped in pieces of ham, with chunks of pepper and button mushrooms.

PORK FRITTERS

A 12-oz. can of chopped pork
6 oz. flour
A pinch of salt
1 egg
Just over ¼ pint milk and water
Dripping

Slice the pork into 12 pieces. Make a coating batter with the flour, salt, egg and liquid and beat it well. Meanwhile melt the dripping in a pan. Dip the slices of meat into the batter, then put them into the hot fat, fry until brown on one side, turn them and fry on the other side. Drain well and serve with tomato sauce.

TURKISH DOLMAS

(See colour picture No. 15)

8–12 large cabbage (or vine) leaves, aubergines peppers, etc.
1 pint water, approx.
1 oz. butter

For the Stuffing

1 lb. minced meat
1 onion, skinned and chopped
1½ oz. uncooked rice
1 tsp. chopped mint
1 tsp. dill leaves (if available)
Salt and pepper
1 tbsp. tomato sauce

Put the meat in a bowl and add the chopped onion and other stuffing ingredients. Knead well together and use to stuff the prepared cabbage (or vine) leaves, aubergines, peppers, tomatoes and onions.

Cabbage (or vine) leaves must first be blanched for 2 minutes; the stuffing is put on the outside of the leaf, which is then rolled up. Cook them by themselves in ½ pint water, to which has been added 1 oz. butter; simmer gently for 30–40 minutes.

The other dolmas may all be cooked in one saucepan. Put the aubergines at the bottom of the pan with the onions, then the peppers, and finally place the tomatoes on top; add ½ pint water and 1 oz. butter, and simmer for 30–40 minutes. Any stuffing left over may be rolled into balls and cooked between the vegetables. Serve the dolmas with rice.

Note: The pastries also seen in colour picture No. 15 are Boerek, which are made of a very thinly rolled puff pastry, with either a sweet filling (as here) or a savoury meat, cheese or vegetable filling.

SPICED BEEF WITH NOODLES

(See colour picture No. 12)

A ½-lb slice of cold roast beef
2 level tbsps cornflour
Salt and pepper
2 tbsps. soy sauce
1 medium-sized green pepper, seeded and sliced
3 tbsps. oil
1 clove of garlic, skinned and crushed
3 tomatoes, skinned and quartered
¼ pint stock or vegetable water
A 5-oz. can of crispy noodles

Cut the roast beef into thin strips Blend together the cornflour, seasoning and soy sauce. Pour over the meat and stir until thoroughly blended. Sauté the pepper in the oil for 1–2 minutes and remove. Add the beef and sauce to the pan and cook 2 3 minutes. Add pepper, garlic, tomatoes and stock. Cook, stirring, for about 5 minutes. Heat the noodles and put in a serving dish Make a hole in the centre and pour in the beef mixture. (Serves 2–3.)

RICY MINCE

1 large onion, chopped
2 sticks of celery, chopped (optional)
1 oz. butter
2 oz. mushrooms
1 lb. minced meat
6–8 oz. long-grain rice
A 15-oz. can of tomatoes, made up to 1½ pints with stock or water
Salt and pepper
A pinch of dried herbs
½ a bay leaf
Cheese to serve

Fry the onion and celery in the butter for 5 minutes, until soft. Stir in the mushrooms. add the meat and fry until lightly browned. Stir in the rice and continue frying for a further few minutes. Pour in the tomatoes and liquid and add the seasoning and herbs. Bring to the boil, cover and simmer gently until the meat is tender, the rice soft and the liquid absorbed. Serve with a separate dish of grated cheese (Parmesan if possible).

Variations

1. Fry 2 oz. chopped bacon or ½ a green pepper (seeded and chopped) with the other vegetables.
2. Use ½ lb. fresh tomatoes and about 1 tbsp. tomato paste, with more stock, instead of the canned tomatoes.

GRILLED KIDNEYS AND BACON

2 sheeps' or pigs' kidneys
Salt and pepper
Oil or fat
4 rashers of bacon, rinded
Maître d'hôtel butter (see p. 159)

Skin the kidneys, wash thoroughly and split in half. Remove the cores and put the kidneys on a skewer. Season, then brush

with oil or melted fat. Heat the grill, turn the heat low and brown the kidneys on both sides, then continue cooking for 7–10 minutes. About 4 minutes before they are cooked, put the bacon under the grill, turning it after 2 minutes. Serve piping hot, with maître d'hôtel butter (Serves 2.)

FRIED LIVER AND BACON

8–10 oz. liver
Flour
Salt and pepper
4 rashers of bacon, rinded
2 oz. dripping (approx.)
½ pint stock

Slice the liver about ½ inch thick and dip in seasoned flour. Fry the bacon lightly and keep hot. Add the dripping to the bacon fat, heat it and when hot enough, add the liver and fry it on both sides, then reduce the heat and fry very gently until tender. Arrange the liver on a hot dish, with the bacon. Strain off any surplus fat from the pan and add a sprinkling of flour, stir in the stock, boil up, season and strain this gravy round the liver. (Serves 2–3.)

CHICORY IN HAM WITH CHEESE SAUCE

4 heads of chicory
4 slices of cooked ham
1 oz. butter
1 oz. flour
½ pint milk
½ pint chicory stock
Lemon juice
Salt and pepper
2 oz. cheese, grated
Browned bread-crumbs

Oven temperature: fairly hot (400°F., mark 6)

Poach the chicory in salted water for 10 minutes, then drain, reserving the liquor. Roll each piece of chicory in a slice of ham and put side by side in an ovenproof dish. Make a sauce with the butter, flour and liquids, add the lemon juice and season. Add most of the cheese, pour the sauce over the rolls, sprinkle with the rest of the cheese and the crumbs and bake towards the top of the oven for about 10 minutes, till golden brown.

CREAMED HAM AND ASPARAGUS

2 small cans of condensed cream of chicken soup
1 medium-sized onion, skinned and finely chopped
2 tbsps. dry sherry
Salt and pepper
¾ lb. lean diced ham or boiled bacon
A 12-oz. can of green asparagus tips, drained
4 oz. cheese, sliced thinly

Oven temperature: fairly hot (400°F., mark 6)

Blend together the undiluted soup, onion and sherry. Check the seasoning. Layer the ham into a 2–2½-pint ovenproof dish. Pour the soup over. Top with the cheese and cook in the centre of the oven for about ½ hour. Serve with melba toast or bread sticks. (Serves 6.)

DANISH HAM SNACK

6 ham steaks, ¼ inch thick
4 bananas, thinly sliced
2 oz. Cheddar cheese, grated
Watercress

Grill the ham for about 3 minutes on each side. Cover one side with banana and top with cheese, replace under the grill and cook until the cheese is bubbly and brown. Serve with watercress. (Serves 6.)

HAM AND PINEAPPLE SAVOURY

A 15-oz can of pineapple rings
8 thin slices of cooked ham
1 oz cheese, grated
1 oz. browned bread-crumbs

For the Sauce

1 oz. butter
1 oz. flour
½ pint milk
4 oz. cheese, grated
Salt and pepper

Oven temperature: fairly hot (400°F., mark 6)

Drain the pineapple rings and cut each in half. Wrap a piece of ham round each piece of pineapple (halving the ham slices if necessary). Arrange the rolls in a small ovenproof dish. Make up the sauce melt the butter and stir in the flour. Cook together for 1 2 minutes, then gradually add the milk. Bring to the boil and simmer for several minutes. Add the cheese and season with salt and pepper. Pour over the ham rolls. Mix together the remaining cheese and breadcrumbs and. sprinkle over the sauce. Bake towards the top of the oven for 20 minutes.

FRIED TONGUE

4 sheep's tongues or thick slices of ox tongue (cooked)
Flour
1 egg
3 oz. bread-crumbs
Fat for frying

Dip the halved tongues (or slices of tongue) in flour, then egg-and-crumb them. Heat the fat until it is smoking hot, and fry the tongue on both sides until golden brown. Serve with tomato sauce and fried potato cakes.

SAVOURY FLANS

It is always a good plan to bake an extra flan case when making pastry, for it will come in very useful when a meal is needed in a hurry. Many types of savoury ingredient can be used for the filling - usually combined with a well-flavoured sauce. One good filling is made by mixing ½ lb. cold minced beef with ½ pint good curry sauce, and it may be garnished

with sliced tomato and parsley. Here are some other suitable fillings:

½ lb. flaked cooked Finnan haddock mixed with ¾ pint thick white sauce and 1 chopped hard-boiled egg.

½ lb. minced or chopped ham mixed with 2 oz. sliced cooked mushrooms and ½ pint white or tomato sauce.

6 oz. cold diced chicken, 2 skinned chopped tomatoes and ½ pint white sauce.

2–3 flaked cooked kippers mixed with 3–4 scrambled eggs and 2–3 skinned tomatoes.

MUSHROOM AND BACON SCALLOPS

4 oz. rashers of bacon
A 7½-oz. can of creamed mushrooms
2 oz. fresh bread-crumbs
1 oz cheese, finely grated
Toast to serve

Rind and dice the bacon and fry lightly. Add the mushrooms and half the bread-crumbs, put the mixture into scallop shells and sprinkle with the rest of the crumbs mixed with the grated cheese. Brown under a hot grill and serve with thin rounds or triangles of toasted bread. (Serves 2-3.)

BACON AND EGG SUPPER SAVOURY

2 eggs, hard-boiled and sliced
4 oz. streaky bacon, rinded and chopped
1 oz butter or margarine
3 level tbsps. flour
½ pint milk
A 10-oz. can of peas, drained
Salt and pepper
1½ oz. fresh white bread-crumbs

Put the eggs in an ovenproof dish. Fry the bacon till crisp, add ½ oz. butter, stir in the flour and cook for 2-3 minutes. Gradually stir in the milk, bring to the boil and continue to stir till thickened. Add the peas and seasoning, pour over the eggs, top with the crumbs and dot with the remaining butter. Grill until brown. (Serves 2–3.)

DANISH EGG-AND-BACON CAKE

6 rashers of lean streaky bacon, rinded
6 large eggs
1 pint milk
Salt
Freshly ground pepper
Chopped chives

Fry the bacon until crisp. Place on one side to keep warm, retaining sufficient bacon fat to grease the pan lightly. Break the eggs into a bowl, add the milk and salt and pepper to taste (don't over-salt if the bacon is salty); beat well. Re-heat the bacon fat and pour in the egg mixture. Cook gently until it is beginning to set, shaking the pan from time to time. Arrange the bacon rashers like the spokes of a wheel over the top; when the mixture is just set, garnish with chopped chives.

The Danish custom is to serve the "cake" straight from the pan, accompanied with crusty French bread and butter. Grilled tomatoes also go well with the dish. (Serves 6.)

EGG, BACON AND RICE CASSEROLE

4 oz. long-grain rice
4–6 eggs, hard-boiled
4 oz. streaky bacon, rinded
Lard or dripping
1 oz. butter
1 oz. flour
¾ pint milk
Salt and pepper
2 oz. mushrooms, sliced
1 tomato, sliced

Oven temperature: moderate (350°F., mark 4)

Cook the rice by the 1–2–1 method, (see page 144). Slice the eggs. Chop some of the rashers finely; halve the remaining rashers and make into tiny rolls. Heat a little lard in a frying-pan and fry all the bacon until crisp; drain thoroughly. Melt the butter in a saucepan, stir in the flour and cook for 2 3 minutes. Add the milk gradually and bring to the boil, stirring continually. Season with salt and pepper and simmer for 5 minutes. Place layers of this sauce rice, chopped bacon, mushrooms and eggs in a buttered casserole, ending with a layer of sauce. Arrange the bacon rolls and sliced tomato on top and bake in the centre of the oven for 30 minutes.

GAMMON WITH SWEET CORN

(See colour picture No. 13)

A ½-lb. slice of gammon, cut ¾–½ inch thick
1 oz. butter
3 tbsps. red-currant jelly
1 orange
2 lumps of sugar
1 lemon
5 tbsps. red wine or Madeira
1 level tsp. arrowroot
1 lb. potatoes, boiled and creamed
A 7-oz. can of corn kernels
Parsley to garnish

Trim the gammon slice and nick the fat at intervals with a knife or scissors. Melt the butter in a frying-pan (or an electric fry-pan set at 350°F.), add the gammon and fry on one side until brown. Turn and cook gently until tender – about 10–15 minutes. Remove the gammon and keep hot. Put the jelly into the pan. Grate the orange rind and squeeze out the juice. Rub the sugar lumps over the lemon rind to remove the zest; squeeze out the juice. Add the grated rind, sugar and juices and the wine to the pan. Bring to the boil and simmer for 5 minutes. Meanwhile, blend the arrowroot with 3 tsps. water. Add a little juice from the pan and return all to the pan. Cook until clear, stirring continuously. Arrange the creamed potato round a fireproof dish and brown under the grill or in a hot oven. Place the gammon in the centre and pour the sauce over. Add the hot buttered corn kernels. Garnish with parsley sprigs. (Serves 2–3.)

SCANDINAVIAN BACON AND POTATO DISH

1 lb. floury potatoes
½ pint milk
3 oz. butter or margarine
Salt and pepper
½ lb. onions, skinned
4–6 oz. bacon, rinded
Sliced beetroot and cooked French beans to garnish

Peel the potatoes, cut them into fingers and cook until tender in unsalted water; mash and add the milk, 1 oz. butter, salt and pepper. Slice the onions very thinly. Heat the remaining butter and fry the onions until light brown and crisp. (If preferred, boil them in an unlidded saucepan before frying them.) Dice the bacon and fry until crisp. Mix the potatoes, bacon and onions and garnish with the sliced beetroot and cooked beans.

CRANBERRY GAMMON SAVOURY

4 gammon rashers
A 7-oz. can of jellied cranberry sauce
Strips of processed cheese
Potato straws
Grilled mushrooms

Grill the gammon rashers on both sides for about 7 minutes. Turn out the jellied cranberry sauce and cut into thick slices; place one slice on each rasher, cover with strips of processed cheese and grill until the cheese melts. Serve at once, with potato straws and mushrooms, or as desired.

FRANKFURTERS AND SWEET CORN

A 11-oz. can of sweet corn
1 green pepper, seeded and sliced
A 15-oz. can of tomatoes
Salt and pepper
10–12 Frankfurters
Butter or margarine

Oven temperature: moderate (350°F., mark 4)

Put the corn, green pepper and drained tomatoes in layers in a casserole, finishing with a layer of corn. Season well, then arrange the sausages over it. Put some knobs of fat on top, cover and bake in the centre of the oven for 20 minutes.

DEVILLED SAUSAGES

A dash of Cayenne pepper
½ level tsp. pepper
1 tsp. piquant sauce
1 tsp. made mustard
1 tsp. vinegar
1 tbsp. salad oil
1 lb pork sausages

Mix all the seasonings, etc., to make the devilled dressing. Prick the sausages, place under a very hot grill and cook for 20 minutes, turning them at intervals to brown them completely. When cooked, brush with dressing and cook for a few more minutes. Serve with apple rings or tomatoes and cooked frozen peas.

PIQUANT TOASTED SAUSAGES

1 lb. large pork sausages
2 small cooking apples
1 tsp. mango chutney
8 rashers of bacon, rinded

Split the sausages. Peel and grate the apples, mix with the chopped chutney and use to stuff the sausages. Wrap each in a rasher of bacon, place under the grill and cook for 15–20 minutes.

FISH SCALLOPS

¾ lb. cooked fish
1 oz. butter
1 oz. flour
½ pint milk
2 oz. cheese, grated
Salt and pepper
½ lb. mashed potato
Egg to glaze

Oven temperature: fairly hot (400°F., mark 6)

Flake the fish, removing skin and bones. Melt the butter, add the flour and gradually stir in the milk. Boil well and add the grated cheese, seasoning and fish. Put a good tablespoonful of the mixture into each of 3–4 scallop shells, pipe potato round and brush with egg. Sprinkle with cheese and bake near the top of the oven for 10–15 minutes. (Serves 3–4.)

FRIED FISH IN BATTER

4–8 fillets of plaice, haddock, or cod, according to size
4 oz. flour
A pinch of salt
1 egg
¼ pint milk and water
Seasoned flour
Fat for frying
Chipped potatoes and parsley

Wash the fish and dry thoroughly in a cloth. Put the flour and salt into a basin, make a well in the centre and drop in the egg. Gradually add the liquid, drawing in the flour from the sides, mixing and beating thoroughly, and adding sufficient liquid to bring it to a coating consistency. Beat well and leave for a few minutes. Heat the fat until a 1-inch cube of bread will brown in 60 seconds. Dip the fish into the flour and then in batter, put into the hot fat immediately and fry golden brown – it should take 3–5 minutes, according to thickness. Drain very well on crumpled kitchen paper, serve with potato chips and a good sauce and garnish with fried parsley.

Fried Parsley: wash and dry thoroughly some large pieces; after frying the fish, draw the pan from the heat and leave for 2–3 minutes, put in the parsley gently and fry until crisp. Drain well before serving.

GRILLED FISH STEAKS

4 steaks of fish (1 inch thick)
Melted fat
Maître d'hôtel butter (see p. 159)
Lemon

Trim the fish and tie into a good shape. Brush with some melted butter and grill for 10 minutes. Serve with maître d'hôtel butter and lemon wedges.

GRILLED HERRINGS

Clean the fish without cutting them and score the skin. Season with pepper and salt, brush them over with melted butter or dripping, place on a hot grid and grill carefully. When the fish are browned on one side, turn them and brown the other side. Serve on a hot dish, with a dish paper under them, and accompanied by mustard or tomato sauce.

Mackerel may be grilled in the same way as herrings.

CURRIED FILLETS OF FISH

1½ oz. dripping
1 onion, skinned and chopped
1 sharp-flavoured apple, peeled and chopped
1 level tbsp curry powder
1 level tsp. curry paste
1½ oz. flour
¾ pint fish stock or water
Salt and pepper
A little sugar
Chutney
6 fillets of plaice or haddock
4 oz. long-grain rice
Lemon and parsley to garnish

Oven temperature. moderate (350°F., mark 4)

Melt the dripping in a pan and fry the onion. Add the apple to the pan and cook for several minutes. Add the curry powder and paste and cook for a further 5 minutes, then add the flour and cook for several more minutes. Pour in the stock or water gradually, and then add the seasoning, sugar and chutney to taste. Roll the fillets of fish and put them into a casserole, pour on the curry sauce and cook in the oven for 30 minutes. Meanwhile boil the rice in fast-boiling salted water for about 10 minutes, drain well and dry it off. Serve the curry garnished with lemon and tiny sprigs of parsley, and accompanied by the rice. (Serves 6.)

POACHED SMOKED HADDOCK

Cut the fins from the fish and if the fish is large, cut into serving-sized pieces. Place in a frying-pan (or large saucepan), barely cover with milk or milk and water, sprinkle with pepper and simmer gently for 10–15 minutes, or until tender.

Alternatively, cook the fish in the oven in a very little milk or milk and water, with a knob of butter and a little pepper.

The haddock can be served topped with a poached egg.

GRILLED SMOKED HADDOCK

Trim the fish, put in a basin, cover with boiling water and soak for 5 minutes; drain well. Place the fish on the grill grid, skin side uppermost, and grill under a medium heat for about 3–5

minutes, depending on its thickness. Turn the fish, brush with a little melted butter or oil, sprinkle with pepper and grill for a further 3–5 minutes, until tender. Serve topped with a knob of butter.

CREAMED HADDOCK

¾–1 lb. smoked haddock
1½ oz. butter
1½ oz. flour
½ pint milk
4 oz. cheese
Salt and pepper

Wash and trim the fish, put in a pan, cover with water and bring to the boil slowly. Turn out the heat, cover with a lid and leave to stand for 5–10 minutes, until the fish is tender. Drain off the liquid, retaining ¼ pint, and skin and flake the fish. Melt the butter, stir in the flour and cook for 2–3 minutes. Remove from the heat and gradually stir in the fish liquid, made up to ¾ pint with the milk. Bring to the boil and continue to stir until the sauce thickens. Remove from the heat and add the flaked fish, the cheese and salt and pepper to taste. Re-heat without boiling and serve over hot buttered toast or on boiled rice.

CURRIED CRAB

1 onion, skinned and sliced
2 oz. dripping
1 small apple, peeled and chopped
2 level tsps. curry powder
1 level tbsp. flour
A 7-oz. can of crab-meat
¼ pint stock or water
Salt and pepper
4 oz. long-grain rice
Lemon and parsley to garnish

Fry the onion in the melted fat, then fry the apple. Add the curry powder and cook for several minutes. Add the flour, the liquid drained from the can of crab and the stock or water. Season well, put in the cut-up crab and heat. Meanwhile cook the rice in boiling salted water, drain and rinse well, then dry thoroughly. Dish up the curry in a border of rice, garnished with lemon and parsley. (Serves 2.)

FRIED SCALLOPS AND BACON

4 scallops
Salt and pepper
Lemon juice
Flour
Egg and bread-crumbs
Fat for frying
Bacon (preferably gammon)
Peas or broad beans

Clean and trim the scallops and dry in a cloth. Season well, sprinkle with a little lemon juice and leave for 10 minutes. Roll them in flour, then egg-and-crumb them. Heat the fat, fry the scallops on both sides until golden brown and keep hot whilst frying the bacon. Serve with peas or broad beans.

Cheese and Eggs

CHEESE AND CHUTNEY PIE

2 eggs, separated
1 oz. butter
1 oz. flour
½ pint milk
8 oz Cheddar cheese, grated
Salt and pepper
½ lb. frozen puff pastry, thawed
3 tbsps. finely chopped sweet pickle
Egg and milk to glaze

Oven temperature fairly hot (400°F., mark 6)

Beat the egg yolks. Melt the butter, add the flour and gradually stir in the milk; bring to the boil and stir for a few minutes. Add most of the cheese, the egg yolks and seasoning. Line a deep pie dish with two-thirds of the pastry and spread the base with pickle. Add the whisked egg whites to the sauce and pour over the pastry. Roll out the remaining pastry and cover the pie. Brush the top with egg and milk and bake at the top of the oven for 30 minutes.

CHEESE AND ONION PIE

2 onions, skinned and chopped
8 oz. cheese, grated
1 egg, beaten
Salt and pepper
An 8-oz. pkt. of bought puff pastry or 6 oz. shortcrust pastry (see page 20)

Oven temperature fairly hot (375°F., mark 5)

Cook the onions in boiling salted water for 5 minutes, drain well and mix with the cheese. Add some beaten egg and season to taste. Roll out half the pastry, line a 7-inch metal pie-plate and pour the cheese filling into the centre Cover with the remaining pastry and finish with a flaked and scalloped edge. Decorate with leaves cut from any pasty trimmings and brush with the remaining beaten egg. Bake in the centre of the oven for 45 minutes. (Serves 3–4.)

CHEESE AND VEGETABLE FLAN

(See colour picture No. 2)

An 8-oz. pkt. of frozen mixed vegetables, thawed
4 oz Cheddar cheese, grated
½ pint white sauce
Salt and pepper
A cooked flan case
Sprigs of parsley to garnish

Cook the frozen mixed vegetables as directed on the packet; reserve some of them to make the garnish. Mix the rest of the vegetables with the cheese and hot sauce and season to taste. Pour the mixture into the flan case and heat under a red-hot grill until browned. Garnish as seen with the remaining vegetables and parsley sprigs. (Serves 4–5.)

CHEESE AND POTATO SALAD

1 lb. cooked potatoes (waxy ones, if possible)
1 large lettuce
½ a bunch of watercress
2 tomatoes, sliced
Salt, pepper and vinegar
2 tbsps. mayonnaise
2 tsps. chopped parsley
4 oz. cheese, grated

Dice the potatoes neatly, wash the lettuce and watercress and sprinkle the tomato slices with pepper and salt and a little vinegar. Mix the potato with the mayonnaise and parsley. Place the lettuce leaves round the edge of a large oval dish, with the stalks to the centre, and pile all the other ingredients in rows across the dish. (Serves 3–4.)

GNOCCHI WITH CHEESE

½ oz. butter
½ pint milk
2 oz. semolina
Salt and pepper
1 egg yolk
4 tbsps. thick white sauce
3 oz. cheese, grated

Oven temperature: hot (425°F., mark 7)

Add the butter to the milk and allow the mixture to come to the boil. When boiling, sprinkle in the semolina and simmer until it is thoroughly cooked and the mixture is thick. Remove from the heat, add the salt and egg yolk and beat all together, to blend the ingredients thoroughly. Turn the mixture on to a plate, smooth it and when cold cut into even-sized squares. Heat the sauce, add most of the grated cheese to it, place the squares of gnocchi in the bottom of an au gratin or pie dish and coat with sauce. Sprinkle with the remaining cheese and brown near the top of the oven. (Serves 3–4.)

PIZZA

(See colour picture No. 11)

8 oz. plain flour
1 level tsp. salt
½ oz. yeast
1 level tsp. sugar
3–4 tbsps. warm milk
2 eggs, beaten
2 oz butter, softened
1 level tbsp. chopped spring onion
1 lb. tomatoes, skinned
1 level tbsp. mixed herbs (including marjoram, if available)
Olive oil
3 oz. Bel Paese or Port Salut cheese, diced
2 oz. stuffed olives, sliced
A 2-oz. can of anchovy fillets

Oven temperature, very hot (450°F., mark 8)

Sift and warm the flour and salt. Cream together the yeast and sugar and add the milk and eggs. Make a well in the centre of

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Illustrations

9. Salad Hors d'Oeuvre
10. Snacks for any time
11. Pizza
12. Spiced Beef with Noodles

the flour, add the liquid and mix together, then add the butter and beat well. Cover and put in a warm place to rise for about 1 hour (or until doubled in size). Meanwhile sauté the onion, tomatoes and herbs in a little oil for 3–4 minutes; cool, then drain off the excess liquor. Spread the dough on to a well-oiled square or round baking tin, making a cake about 8 inches across, and cover it with the tomato mixture. Sprinkle with diced cheese, sliced olives and anchovy fillets, cover and leave to prove for 10 minutes. Glaze with a little oil and bake in the centre of the oven for about 30 minutes. (Serves 4–6.)

CHEESE BAKE

1 lb. onions, skinned and sliced
2 oz. butter
6 oz. long-grain rice
A pkt. of dried peas and carrots
Salt and pepper
2 medium-sized cans (14-oz. approx.) of tomatoes
2 level tsps. oregano
10 oz. Cheddar cheese, grated
Parsley sprigs

Oven temperature: cool (300°F., mark 2)

Fry the onions in the butter until transparent but not browned. Transfer to a large shallow ovenproof dish. Sprinkle the rice, peas and carrots over in an even layer. Season well and pour the canned tomatoes over. Sprinkle with the oregano and arrange the cheese on top. Cover with a lid or foil and bake below the centre of the oven for 1¾ hours. Remove the cover, and bake in a hot oven (425°F., mark 7) for 10–15 minutes. Garnish with parsley. (Serves 4–6.)

CHEESE PUDDING – 1

4–6 slices of white bread (4 oz.)
4 tbsps. dry white wine (optional)
1 oz. butter, melted
2 eggs, beaten
½ pint milk
Salt and pepper
4 oz. cheese, grated

Oven temperature. fairly hot (375°F., mark 5)

Cut the bread into cubes and place in a 1½-pint greased ovenproof dish with the wine (if used) and the butter. Mix the eggs and milk, season well and pour over the bread mixture. Sprinkle with the cheese and bake towards the top of the oven for about 30 minutes, until golden and well risen. Serve at once.

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Illustrations

13. Gammon with Sweet Corn
14. Macaroni with Mediterranean Sauce
15. Turkish Dolmas 16. Kebabs

CHEESE PUDDING – 2

2 eggs
A little made mustard
Salt and pepper
4 oz. bread-crumbs
4 oz. cheese, grated
1 pint milk
1 onion, skinned and thinly sliced
2 tomatoes, skinned and thinly sliced

Oven temperature: moderate (350°F., mark 4)

Grease a pie-dish. Break the eggs into a basin, add the seasonings and beat well. Add the bread-crumbs, the cheese (saving a little for the top) and the milk. Arrange the onion and tomato slices in the dish and pour the cheese mixture over; sprinkle the top with the remaining cheese. Allow to stand for 10–15 minutes, then bake in the centre of the oven for about 45 minutes, until crisp and golden.

If you are in a hurry, slice the bread and cut it into small cubes instead of making crumbs.

CHEESE, VEGETABLE AND MACARONI TIMBALE

4 oz. long macaroni
¾ lb. prepared mixed vegetables (carrot, onions, beans, turnip, etc.), chopped
2 oz. ham (optional), chopped
2 oz. bread-crumbs
2 eggs
¼ pint cheese sauce
Salt and pepper
Tomato sauce
French beans
A little butter

Cook the macaroni in boiling salted water for 20 minutes, or until tender. Drain and use to line a well greased cake tin. Chop the vegetables and ham and add the bread-crumbs, beaten eggs and cheese sauce, and season well. Fill the tin with the mixture and cover with greased greaseproof paper. Steam for 25–35 minutes, or until set. Turn out on to a hot dish, coat with hot tomato sauce and garnish with French beans sautéed in the fat.

BAKED EGGS AND MUSHROOMS

2 oz. mushrooms, peeled and sliced
2 oz. butter
4 tbsps. milk
4 eggs
Toast

Oven temperature: fairly hot (400°F., mark 6)

Cover the mushrooms with boiling water, leave for 5 minutes and drain. Put a knob of butter into each of 4 individual dishes and add 1 tbsp. milk. Put 1 tbsp. mushrooms in each dish and bake near the top of the oven for 5 minutes, then break an egg into each dish and put back into the oven for 5–8 minutes, until the eggs have just set. Serve with toast.

BAKED EGGS IN SAUSAGE

½ lb. sausage-meat
4 eggs
Salt and pepper
1 oz. butter
Chopped parsley to garnish

Oven temperature: moderate (350°F., mark 4)
Butter 4 small ramekin dishes and line with sausage-meat. Bake in the centre of the oven for 15–20 minutes, then remove from the oven. Break the eggs carefully and place one in each of the sausage-lined dishes. Sprinkle with salt and pepper and top each with a little butter. Cover with greased greaseproof paper and return to the oven for 15 minutes, or until the eggs are set. Garnish with chopped parsley.

BELGIAN EGG SAVOURY

4 eggs
Butter
4 oz. shelled prawns
A little chopped chervil and parsley
French mustard
½ pint single cream
Salt and pepper
2 oz. cheese, grated

Oven temperature: hot (425°F., mark 7)
Boil the eggs for 6–7 minutes, put into cold water for 1–2 minutes, then shell them and slice into a saucepan. Add a little butter, most of the prawns and the other ingredients (except the cheese) and mix well; pour into a greased ovenproof dish, sprinkle with cheese, dot with a little butter and bake near the top of the oven until the top browns. Garnish with prawns or as desired. (Serves 3–4.)

BLANQUETTE D'OEUFS

4 eggs
1 oz. butter
1 oz. flour
½ pint milk
1 tsp. anchovy essence
Salt and pepper
1 tsp. chopped parsley
Buttered noodles

Cook the eggs in boiling water for 4–5 minutes: they should not be hard-boiled, but just set, so that they can be shelled. Melt the butter and stir in the flour, then heat gently for a few minutes, stirring constantly do not brown. Add the milk gradually, stirring, then boil. Add essence and seasoning to taste and simmer gently for 5 minutes Arrange the hot shelled eggs down the centre of the dish, coat them and the dish with sauce, garnish each egg with parsley and serve with buttered noodles.

EGGS À LA BONNE FEMME

½ lb. onions, skinned and sliced
1 oz. butter
2 tsps. vinegar (preferably wine or cider vinegar)
4 eggs
Salt and pepper
Cheese crumb topping (see below)

Oven temperature: fairly hot (375°F., mark 5)
Fry the onion in the hot butter until golden brown. Add the

vinegar. Butter an ovenproof dish and put the cooked onions into it. Break the eggs over the top and season. Sprinkle with crumb topping and bake above the centre of the oven until the eggs are just set – about 20–30 minutes.
For the Cheese Crumb Topping: Melt 1 oz. butter, add a clove of garlic and cook slowly for 5 minutes. Remove the garlic. Mix in 3 oz. fresh breadcrumbs Turn the mixture occasionally until pale brown; fold in 4 oz. finely grated Parmesan cheese and use as desired.

EGG CURRY (INDIAN)

1 oz. butter
1 large onion, skinned and chopped
1 clove of garlic, skinned and crushed
2–3 level tsps curry powder according to taste
A pinch of chilli powder (optional)
¼ level tsp. ground ginger
¼ level tsp. turmeric powder
2–3 tomatoes, skinned
½ pint coconut milk (see below)
1 large or 2 small apples, peeled and chopped
1 banana, sliced
4 eggs, hard-boiled and halved

Melt the butter in a thick pan and gently sauté the onion and garlic. When the onion is transparent, add the curry powder and other spices and stir for 2 minutes. Blend in the tomato flesh and coconut milk. Add the apples and banana and cook for 10–15 minutes, until the flavours are well blended. Finally, add the eggs and heat for a few minutes. Serve with a salad of sliced cucumber in vinegar seasoned with salt and pepper.
Coconut Milk: To 1½ oz. desiccated coconut add ½ pint boiling milk and allow to stand for 1 hour; strain.

EGGS À LA FLORENTINE

1 lb. spinach
Salt and pepper
½ oz. butter
2 oz. Parmesan cheese, grated
4 eggs
2–3 tbsps. single cream
A sprig of parsley to garnish

Oven temperature: moderate (350°F., mark 4)
Wash the spinach well, put it into a pan with a little salt and just the water that clings to the leaves and cook for 10–15 minutes, until tender. Drain well, chop roughly and mix with the butter and seasoning. Put into an ovenproof dish and cover with most of the grated cheese. Break the eggs into a saucer and slide side by side into the cheese; bake in the centre of the oven for 10 minutes. Remove from the oven, spoon the cream over and sprinkle with the remaining cheese. Return the dish to the oven and bake for a further 10–15 minutes, until the eggs are firm. Serve garnished with parsley.

Alternatively, line small individual casseroles with the spinach purée, add cheese and an egg to each and finish as above.

For a simpler dish, serve poached eggs on creamed spinach.

EGGS BENEDICT

4 slices of bread
4 slices of boiled ham
1 oz. butter
1 oz. flour
½ pint milk
3 oz. cheese, grated
Salt and pepper
4 eggs
Parsley or watercress to garnish

Toast one side of the bread, cover the other side with ham and grill slowly. Melt the butter in a pan, add the flour, and stir for 2-3 minutes. Stir in the milk, bring to the boil, stirring, and cook for 2-3 minutes; add the cheese and season to taste. Poach the eggs and put on the ham, coat with cheese sauce and garnish with parsley or watercress.

EGGS IN BAKED POTATOES

4 medium-sized potatoes
A little milk
A little butter
Salt and pepper
4 eggs
2 oz. cheese, grated

Oven temperature: fairly hot (400°F., mark 6)

Scrub the potatoes, prick with a fork and bake near the top of the oven until soft – 1-1½ hours. Cut in half lengthwise, scoop out the soft potato and mash well. Add a little milk and butter, season to taste and beat until smooth. Line the "skins" with the mashed potato, bringing it into a wall round the top. Place on a baking tray and break an egg into each "nest". Sprinkle with cheese and bake in a moderate oven (350°F., mark 4) for 5–10 minutes, until the eggs are set.

Variations: Boil and mash 1½ lb. potatoes and add butter, milk and seasoning to taste; line a dish with this mixture, leaving 4 nests. Drop an egg into each nest, cover with 2 oz. cheese and bake in a moderate oven (350°F., mark 5) until set. For extra flavour add 1 tbsp. chopped chives, parsley, tomato purée or grated onion to the cooked potato.

EGGS IN CHEESE SAUCE

½ pint cheese sauce
Salt and pepper
4 eggs, hard-boiled
Butter
Grated cheese
Toast triangles
Tomato slices

Season the cheese sauce well. Slice the eggs and put them into a buttered ovenproof dish. Pour the sauce over and sprinkle with grated cheese. Brown under a hot grill and garnish with toast triangles and grilled slices of tomato.

OEUFS SOUBISE AU GRATIN

1 lb. onions, skinned
Salt and pepper
Butter
3 oz. well-flavoured cheese, grated
2 oz. fresh bread-crumbs
4 eggs
1 level tbsp. flour
½ pint milk
A pinch of marjoram

Oven temperature: hot (425°F., mark 7)

Roughly slice the onions and boil in salted water for 5 minutes; drain and chop finely. Melt 2 oz. butter, add the onion and cook with the lid on the pan until tender but not coloured; season. Meanwhile mix together the cheese and breadcrumbs and place half over the bottom of a buttered ovenproof dish. Cover with half the onion. Soft-boil the eggs (i.e., cook in boiling water for 4 minutes), then put immediately into cold water; carefully remove the shells. Place the eggs on the bed of onion, cover with a white sauce made from ½ oz. butter, the flour and ½ pint milk; season with pepper, salt and the marjoram. Spoon the remainder of the onion on top of the sauce and finally add the rest of the cheese and the crumbs, then dot with pieces of butter. Cook near the top of the oven for 15 minutes.

POTATO AND EGG SURPRISES

4 medium-sized potatoes, peeled
2 onions, skinned
Salt and pepper
8 oz. cheese, grated
2 oz. butter
4 eggs
Watercress

Cut the potatoes and onions into equal-sized pieces and cook in boiling salted water until tender. Drain and mash with half the grated cheese and some seasoning. Divide into 4 and form into large flat cakes, with a hollow in the middle. Melt the butter in a grill pan, put in the potato cakes carefully and brown lightly. Break an egg into each hollow, sprinkle it with another 1 oz. cheese, and grill slowly to cook the eggs. Garnish with sprigs of watercress.

MIMOSA EGGS

Hard-boil 4 eggs, cut them in half, sieve the yolks and slice the whites; put the latter in a hot ovenproof dish, pour ½ pint well-seasoned white sauce over them and sprinkle thickly with the sieved yolks. Serve very hot.

SCALLOPED EGGS

2 oz. butter
2 onions, skinned and chopped
4 rashers of bacon, rinded and cut up
8 tomatoes, skinned
2 oz. flour
1 pint milk
Salt and pepper
4 eggs, hard-boiled
6 oz. cheese, grated
4 pieces of buttered toast

Melt half the butter in a saucepan and fry the onions; add the bacon and cook, then place in 4 deep scallop shells and keep hot. Quarter the tomatoes and fry lightly; add to the mixture in the shells. Melt the remaining butter in a saucepan, add the flour and gradually stir in the milk to make a sauce. Season, bring to the boil and cook for 2 3 minutes. Shell the eggs and arrange them on the scallop shells. Add half the cheese to the sauce and pour over the eggs. Sprinkle with the rest of the cheese, brown under the grill and serve with the toast.

SCOTCH EGGS

2 eggs, hard-boiled
2 sausages (or ¼ lb. sausage-meat)
Flour
Egg and bread-crumbs to coat
Deep fat for frying
Lettuce and tomato

Shell the eggs. Remove the skins from the sausages (if used), place on a floured board and roll out into two rounds. Flour the eggs, then enclose each in the meat. Coat in egg and bread-crumbs and fry in deep fat. Halve each egg across the centre and serve cold with lettuce and tomato. (Serves 2.)

POTATO SCOTCH EGGS

¾ lb. potatoes, boiled
Salt and cayenne pepper
3 oz cheese, grated
1 egg, beaten
4 eggs, hard-boiled
Flour and bread-crumbs to coat
Deep fat for frying
Rounds of fried bread
Tomato sauce

Mash the potatoes and season with salt and cayenne pepper. Add the cheese and sufficient beaten egg to produce a fairly stiff paste, then beat very thoroughly until smooth. Shell the eggs and flour them lightly. Turn the potato mixture on to a floured board, divide into four, flatten out each piece, put one of the eggs on each and mould the potato around it, keeping the egg shape. Coat with beaten egg and bread-crumbs and fry in the fat until golden brown. Cut in half crosswise and serve on rounds of fried bread, accompanied by tomato sauce.

TOMATO AND EGG SAVOURY

1½ lb. tomatoes
1 clove of garlic, skinned
3 tbsps. olive oil
1 tbsp. chopped parsley
3–4 eggs, lightly beaten
6 level tbsps. grated cheese,
Salt and pepper
Rounds of hot buttered toast
Chopped mint

Simmer together the tomatoes, garlic, oil and parsley until soft. Rub through a sieve and add the eggs, the cheese and seasoning. Cook gently until the eggs are set, pile on to hot buttered toast and sprinkle with chopped mint.

Pasta and Rice

PASTA

This is one of the most versatile aids to quick snacks and hearty savouries. There are many kinds available in packets throughout the country, but broadly they may be grouped into the following types:

Tubular or String (e.g., spaghetti, macaroni.)

Ridges (usually tubular, e.g. canneloni, as it is called here).

Ribbon e.g., noodles, lasagne.

Stuffed e.g., ravioli.

Fancy-shaped e.g., shells, bows, soup pastas and much smaller fancy shapes.

Cooking and Serving

Allow about 1½–2 oz. per person and cook in a large quantity of boiling salted water till just tender, but not soft and soggy.

These are the usual times:

Vermicelli	5 minutes
Spaghetti	12–15 minutes
Macaroni	15–20 minutes
Ribbon	10–15 minutes
Ridged	20 minutes
Stuffed	15–20 minutes
Fancy-shaped	8–10 minutes

Drain as soon as it is cooked and serve on a hot dish, with grated cheese, or as directed in the recipe. When pasta is served plain, some butter or olive oil is often stirred in just before it is eaten.

SPAGHETTI ALLA BOLOGNESE

(Using a traditional Italian meat sauce)

8 oz. spaghetti

Grated Parmesan cheese

For the Sauce

2 oz. bacon, rinded and chopped
½ oz. butter
1 small onion, skinned and chopped
1 carrot, peeled and chopped
1 stick of celery, scrubbed and chopped
8 oz minced beef, raw
4 oz. chicken livers, chopped (optional)
1 level tbsp. tomato paste
¼ pint dry white wine
½ pint beef stock
Salt and pepper
A little powdered nutmeg

Make the sauce first. Fry the bacon lightly in the butter for 2–3 minutes, add the onion, carrot and celery and fry for a further 5 minutes, until lightly browned. Add the beef and brown lightly. Stir in the chicken livers, if used. After cooking them for about 3 minutes, add the tomato paste and wine, allow to bubble for a few minutes and add the stock, seasoning

and nutmeg. Cover and simmer for 30–40 minutes, until the meat is tender and the liquid in the sauce is well reduced. Adjust the seasoning if necessary.

Meanwhile cook the spaghetti in the usual way in fast-boiling water for about 12–15 minutes. Drain and serve on a heated dish with the sauce poured over. Serve the cheese sprinkled over the sauce or in a separate dish.

SPAGHETTI À LA MILANAISE

2 tbsps. olive oil
1 shallot, skinned and finely chopped
1 clove of garlic, skinned and finely chopped
1 rasher of bacon, rinded and chopped
½ pint stock
A 2¼-oz. can of tomato purée
A small bunch of herbs
2 level tsps. sugar
Salt and pepper
4 oz. long spaghetti
3 oz. Parmesan and Cheddar cheese, grated and mixed

Heat the oil in a pan until it is smoking hot and fry the shallot and garlic. Fry the bacon, add the stock, tomato pureé, herbs, sugar and seasoning, boil well together, then simmer for 20 minutes. Strain, return the sauce to the pan and reboil until it thickens. Meanwhile put the spaghetti into a large pan of boiling salted water and cook for 15 minutes. Drain the spaghetti well, pile it in a dish, pour the sauce over and serve with grated cheese. (Serves 2.)

SPAGHETTI AND ONION PIE

1 lb. onions, skinned
¼ lb. spaghetti
Salt and pepper
4 oz. cheese, grated
1½ oz. butter

Oven temperature: warm (325°F., mark 3)

Boil the onions for 5–8 minutes and chop roughly. Cook the spaghetti until tender, then strain it. Place alternate layers of spaghetti and onions in a pie dish, adding a little seasoning, cover with cheese and dot with butter. Bake below the centre of the oven for 20 minutes, then raise the temperature to fairly hot (400°F., mark 6) to brown the top. (Serves 3–4.)

SPAGHETTI RAREBIT

3 oz. spaghetti
Butter
¼ pint beer
A pinch of paprika pepper
A pinch of cayenne pepper
¼ level tsp. dry mustard
1½ tsps. Worcestershire sauce
8 oz. cheese, grated

Cook the spaghetti in boiling salted water for 15 minutes, drain and toss in butter. Place in a hot serving dish and keep warm. Pour the beer into a saucepan, add the seasonings and heat gently; when it is hot, add the cheese and stir until it is melted. Pour over the spaghetti. Serve with toast, or as desired.

MACARONI WITH MEDITERRANEAN SAUCE

(See colour picture No. 14)

First make the Mediterranean sauce (see overleaf); while it is cooking, boil the macaroni in the usual way, drain it well and toss it in a generous amount of butter. Sprinkle with very finely chopped parsley and serve the sauce separately.

MEDITERRANEAN SAUCE

(See colour picture No. 14)

2 medium-sized onions, skinned and chopped
1 oz. butter or oil
A clove of garlic, skinned and crushed
½ level tsp. sugar
A 14-oz. can of Italian tomatoes
A 5-oz. can of concentrated tomato puree
1 level tsp. dried basil or rosemary
Salt and pepper
4 oz. mushrooms, washed, sliced and sauteed in a little butter

Fry the onions slowly in the butter or oil until transparent but not brown. Add the next 6 ingredients, bring to the boil and reduce the heat; cover and simmer for 30 minutes. Add the prepared mushrooms. Either serve separately (perhaps in combination with a dish of finely grated Parmesan cheese) or pour it over a platter of cooked and well-drained macaroni or spaghetti.

MACCHERONI ALLA CARBONARA

(Macaroni with Ham and Eggs)

6 oz. macaroni, in short lengths
1 oz. butter
4 oz. cooked ham, chopped
2–3 eggs, beaten
Salt and pepper
2 level tbsps. grated Parmesan cheese

Cook the macaroni in the usual way in fast-boiling water for 15–20 minutes, until soft, and drain it well. Fry the ham lightly for 2–3 minutes in the butter, until heated through, and stir in the drained macaroni, beaten eggs and seasoning. Stir over a gentle heat until the mixture is well blended and the eggs are just beginning to thicken. Add the cheese, mix well and serve straight away.

Quick macaroni can also be used – cook as directed on the packet.

MACARONI SUPPER SAVOURY – I

1 medium-sized onion, skinned and chopped
1 oz. lard
4 oz. quick-cooking macaroni
Salt
1 oz. flour
½ pint stock made from a cube
An 8-oz. can of minced meat
2 level tbsps. tomato paste
3 oz. Cheddar cheese, grated

Lightly fry the onion in the hot lard until soft. Meanwhile cook the macaroni in boiling salted water for 7 minutes. Add the flour to the onion and cook over a low heat for 2–3 minutes,

stirring constantly. Gradually add the stock and bring to the boil, stirring until it thickens. Add the meat and tomato paste and heat through. Drain the macaroni and stir in, with half the cheese. Turn the mixture into a heated dish, sprinkle with the remaining cheese and grill until golden. (Serves 3–4.)

MACARONI SUPPER SAVOURY – II

4 rashers of lean streaky bacon, rinded
6–8 oz. long or elbow macaroni
4 oz. Cheshire cheese, grated
Worcestershire sauce
Salt and pepper
2 oz. butter, melted
2 tomatoes, skinned and diced
Chopped chives to garnish

Cook the bacon slowly under the grill till crisp and brown; cool on kitchen paper and then break into pieces. Cook the macaroni in boiling salted water as directed on the packet, drain and turn into a warmed dish. Sprinkle it with the cheese, a little Worcestershire sauce and seasoning. Pour in the melted butter, toss with a fork and garnish with the bacon, tomatoes and chives.

MACARONI AND KIDNEY

A little fat
1 onion, skinned and chopped
2 large tomatoes, skinned and sliced
1 can of braised kidneys,
4 oz. macaroni
Salt
2–3 rashers of bacon, rinded

Melt the fat in a pan and fry the onion lightly, then add the sliced tomatoes and fry. Add the kidneys and reheat gently. Meanwhile cook the macaroni in fast-boiling salted water until tender. Roll and grill the bacon. Arrange the macaroni round the kidneys on a dish. Serve immediately, garnished with the bacon rolls. (Serves 3–4.)

MACARONI CHEESE

6 oz. macaroni
1½ oz. butter
1½ oz. flour
1 pint milk
Salt and pepper
A pinch of grated nutmeg or ½ level tsp. made mustard
6 oz. cheese, grated
2 tbsps. fresh white bread-crumbs (optional)

Oven temperature: fairly hot (400°F., mark 6)

Cook the macaroni in fast-boiling salted water for 15 minutes only and drain it well. Meanwhile melt the butter, stir in the flour and cook for 2–3 minutes. Remove the pan from the heat and gradually stir in the milk. Bring to the boil and continue to stir until the sauce thickens; remove from the heat and stir in the seasonings, 4 oz. of the cheese and the macaroni. Pour into an ovenproof dish and sprinkle with the bread-crumbs (if used) and the remaining cheese. Bake towards the top of the oven for about 20 minutes, or until golden and bubbling.

Quick macaroni can also be used – cook it as directed. For variations, see overleaf.

Variations

Add to the sauce any of the following:
1 small onion, skinned, chopped and boiled
4 oz. bacon or ham, chopped and lightly fried
½–1 green pepper, seeded, chopped and blanched
½–1 canned pimiento, chopped
A 7-oz. can of salmon or tuna, drained and flaked
2 oz. mushrooms, sliced and lightly fried

NEW-STYLE MACARONI CHEESE

6 oz. quick-cooking macaroni
Salt and pepper
2 onions, skinned and thinly sliced
1 oz. butter
1 red pepper, seeded and sliced
6 oz. Cheddar cheese, grated
Worcestershire sauce

Cook the macaroni in boiling salted water as directed on the packet. Separate the onions into rings, fry until brown and crisp in the butter, then drain on kitchen paper. Fry the red pepper in the remaining butter until tender. When the macaroni is cooked, drain it and put into a heated serving dish. Sprinkle with the cheese, a dash of Worcestershire sauce and some salt and pepper. Toss with a fork till well mixed and serve immediately, topped with the onion and pepper rings.

GREEK BAKED MACARONI

1 lb. minced meat
3 tbsps. lard
1 small onion, skinned and thinly sliced
2 tsps. tomato sauce
½ lb. macaroni
1 pint milk
3 level tbsps. flour
4 eggs
Salt and pepper
½ lb. cheese, grated

Oven temperature: fairly hot (400°F, mark 6)

Fry the meat in the lard with the onion and sauce. Boil the macaroni and when it is almost cooked, put half in a greased ovenproof dish; add the meat mixture, then the rest of the macaroni. Make a sauce with the milk, flour, eggs and seasoning, and pour over. Cover with cheese, and cook near the top of the oven for about 20 minutes. Serve hot.

MILANESE NOODLES

½ lb. broken noodles
Salt and pepper
3 eggs, beaten
4 tbsps. single cream
1 level tsp. grated nutmeg
6 oz. ham, minced
Cooked vegetables or green salad

Oven temperature: moderate (350°F., mark 4)

Cook the noodles in plenty of boiling salted water until

tender (about 10–15 minutes), then drain them. Season well with salt and pepper and mix with the eggs, cream, nutmeg and ham. Turn the mixture into a buttered ring mould and stand this in a baking tin half-filled with water. Bake in the centre of the oven for about 30 minutes, or until set. Turn out, garnish as desired and serve hot with vegetables or cold with a green salad.

PIMIENTO NOODLE RING

6 oz. egg noodles
1 green pepper
1 canned pimiento
3 oz. fresh white bread-crumbs
2 oz. butter, melted
8 oz. Cheddar cheese, grated
¼ pint milk
4 egg yolks
1 tbsp. Worcestershire sauce
Salt and pepper
8 oz. cooked ham or chicken

Oven temperature: moderate (350°F., mark 4)

Cook the noodles in boiling salted water until tender. Dip the green pepper in boiling water for 5 minutes, then drain and remove the seeds and white pith; dice both peppers. Butter a 2½-pint ring mould well and arrange some of the diced peppers in the base. When the noodles are cooked, drain well, place in a large bowl with the remaining peppers, bread-crumbs butter and cheese and mix well. Heat the milk until nearly boiling, pour on to the eggs and add the sauce, salt and pepper. Beat well and mix with the cheese mixture. Spoon the mixture into the mould and place in a roasting tin half-full of hot water. Bake in the centre of the oven for 50–60 minutes. When set, turn out on to a warmed serving dish and fill the centre with heated diced ham or chicken. (Serves 6.)

LASAGNE AL FORNO
(Baked Lasagne)

2 14-oz. cans of Italian tomatoes
A small (3-oz.) can of tomato paste
½ 1 level tsp. dried marjoram
Salt and pepper
1 level tsp. sugar
8 oz. cooked veal or ham, diced
4 oz. lasagne
6 oz. Ricotta or cream cheese
2 oz. Parmesan cheese
8 oz. Mozarella cheese

Oven temperature: fairly hot (375°F., mark 5)

Combine the canned tomatoes, tomato paste, marjoram, seasonings and sugar, simmer gently for about 30 minutes and add the veal or ham. Cook the lasagne in boiling salted water in the usual way for about 10–15 minutes (or as stated on the packet) and drain well. Cover the base of a fairly deep oven-proof dish with a layer of the tomato and meat sauce. Add half the lasagne, put in another layer of the sauce, then cover

with the cheeses, using half of each kind. Repeat these layers with the remaining ingredients, finishing with a layer of cheese. Bake towards the top of the oven for 30 minutes, until golden and bubbling on top. Serve at once.

Note: The tomato and meat sauce can be replaced by a Bolognese sauce (see the recipe for Spaghetti alla Bolognese).

RAVIOLI

In Italy, supplies of ravioli and its variants are made and cooked fresh daily. In this country, freshly-made ravioli can be bought in some Italian shops and restaurants, especially in the Soho neighbourhood in London. Failing this you can find ready-cooked ravioli in some delicatessen shops and it can also be bought in cans.

TO COOK FRESH RAVIOLI

Put the ravioli into boiling salted water, adding about 10–15 pieces at a time, and cook for 15–20 minutes (don't cook more than this at any one time, as the pieces tend to break up if the pan is crowded). Remove them with a slotted spoon and keep warm until all are cooked. Toss them with a little butter and then serve sprinkled with finely grated Parmesan cheese.

As a variation, the cooked ravioli can be layered with tomato sauce (see Tomato Sauce for Pasta opposite) in a greased ovenproof dish, sprinkled with grated Parmesan cheese and baked in a fairly hot oven (400°F., mark 6) for about 15 minutes, until golden and bubbly.

COTTAGE RAVIOLI

½ lb. fresh ravioli
A 12-oz. can of condensed tomato soup
5 oz. cottage cheese
Parsley to garnish

Oven temperature: moderate (350°F., mark 4)

Cook the ravioli in boiling water for 15 minutes and drain it. Pour half the soup into a greased ovenproof dish. Add the ravioli and the cheese in layers and top with the rest of the soup. Cover the dish with greaseproof paper or foil and cook in the centre of the oven for 20 minutes. Garnish with parsley. (Serves 3–4.)

MEAT SAUCE FOR PASTA

1 medium-sized onion
1 medium-sized carrot
1 stick of celery
2 tbsps. salad oil
1 oz. butter
4 oz. minced beef
1 bay leaf
An 8-oz. can of tomatoes
1–2 tbsps. stock or water
Salt and pepper

Prepare the vegetables and chop finely. Heat the oil and butter in a small pan, add the vegetables and fry gently for 5 minutes.

Add the meat and brown it lightly, stir in the bay leaf, tomatoes and stock and season to taste. Bring to the boil and simmer gently for 30 minutes. Arrange the warm cooked pasta in a serving dish and pour the sauce into the centre. (Serves 3–4.)

TOMATO SAUCE FOR PASTA

1 rasher of bacon, rinded (or a few pieces of leftover ham or bacon)
½ oz. butter
1 small onion, skinned and chopped
An 8-oz. can of tomatoes (or 3–4 fresh tomatoes, skinned and chopped)
4–6 tbsps. stock or water
A sprig of parsley
Salt and pepper

Cut the bacon or ham into small pieces. Melt the butter in a small saucepan and fry the bacon and onion till lightly browned. Add the tomatoes, stock or water, parsley and seasoning and simmer over a very low heat for about ½ hour. Remove the parsley sprig and sieve the sauce if you wish. Add it to the pasta and re-heat gently, or serve on top of it. (Serves 3–4.)

RICE

When you want to produce a substantial meal in a hurry, rice is often more convenient than potatoes, as it needs no preparation other than washing before it is cooked. It can also be turned into a vast number of appetising dishes of the risotto and pilau type.

Short-grained rice is not often used for savouries, being more suitable for sweet dishes, but both the long-grain and the medium-grain kinds are useful, the latter being especially good for rice rings, croquettes and so on where the grains are required to bind together. These are the main types of rice:

Regular white rice: The hulls, germs, outer bran and most of the inner bran layers are removed. The rice is white in colour, with only a bland, very slight flavour when cooked.

Brown rice: Whole unpolished grains of rice with only the inedible outer hull removed. It takes longer to cook than white rice and apart from its fawn colour when cooked, differs from white rice by having a more chewy texture and quite a nutty flavour.

Par-boiled rice: Cooked before milling by a special steam pressure process, which helps to retain the natural food value. It takes longer to cook than white rice, but more easily produces a perfect result, with grains that are fluffy, separate and plump when cooked.

Pre-cooked Rice. (often referred to as instant rice). This is completely cooked and only needs soaking in boiling water for about 5 minutes. It is a very good stand-by for snacks and quick rice dishes.

Preparing Rice
Rice sold loose or in unbranded packs should be washed in cold water (put it in a strainer or sieve), then drained.

BOILING RICE

There are two good ways, as follows:
The 1-2-1 Method: For 3–4 servings place 1 cup of washed long-grained rice in a pan with 2 cups water and 1 level tsp. salt. Bring quickly to the boil, stir well and cover with a tight-fitting lid. Reduce the heat and simmer gently for 14–15 minutes. Remove from the heat and before serving separate out the grains gently, using a fork. (No draining is necessary.)

If you want a drier effect, leave the rice covered for 5–10 minutes after it has been cooked.
Ordinary Method: For 4 persons allow 6–8 oz. long-grain rice. Half-fill a large pan with water (allowing about ½ pint per oz. rice), bring to the boil and add 1 level tsp. salt. Add the washed rice and continue to boil rapidly, uncovered, until the rice is just soft – 15–20 minutes. Drain the rice in a sieve and rinse by pouring hot water through it, then return it to the pan with a knob of butter; cover with a tea towel or a lid and leave on a very low heat to dry out for 5–10 minutes, shaking the pan from time to time. Alternatively, spread the rice on a baking tray lined with greaseproof paper, cover with a tea towel or greaseproof paper and place in a very low oven to dry out.

SAVOURY RICE

8 oz. long-grain rice
¾ pint stock (made from a bouillon cube)
4 oz. bacon, rinded and chopped
1 oz. butter
1 onion, skinned and chopped
½ lb. tomatoes, skinned and chopped
2 oz mushrooms, washed and sliced
Salt and pepper
A 6-oz. can of condensed chicken soup

Put the rice and stock in a pan, bring to the boil and simmer for 10 minutes. Meanwhile fry the bacon in the butter, add the onion and fry until golden. Add the tomatoes and mushrooms and fry until tender; season well. Add the fried mixture and the soup to the rice, stir and continue simmering for a further 5–10 minutes.

PIEDMONTESE RICE

2 oz. bacon rashers, rinded
6–8 oz. medium-grain rice
½ pint stock
A pinch of basil
Salt and pepper
1 level tbsp. tomato purée
Fried or grilled sausages (about ½ lb.)

Fry the bacon till crisp, add the rice and cook, stirring continually, for 3 minutes. Add the stock, basil, salt, pepper and tomato purée, bring to the boil and simmer for 15 minutes. Serve piled on a dish, surrounded by the sausages.

YELLOW RICE

8 oz. long-grain rice
2 level tsps. salt
6 cloves
1 stick of cinnamon
3 bay leaves
4 whole black peppercorns
½ level tsp. saffron
2 tsps. milk
A little melted butter

Place all the ingredients except the saffron, milk and butter in a pan with 1½ pints of rapidly boiling water. When the rice is just tender, drain it, but do not remove the spices. Mix the saffron with the hot milk. Place the rice in a dish and pour a little melted butter over it, followed by the saffron and milk mixture. Serve with meat curries, or topped with poached, fried or baked eggs.

CHINESE "STIRRED" RICE

2 cups cooked rice
4 oz. shrimps
4 oz. lard
2 oz. raisins, stoned
6 scallions or spring onions, skinned and chopped
2 oz. ham, chopped
2 oz. walnuts, blanched
2 oz. almonds, blanched
2 tbsps. soy sauce
½ level tsp. salt

Re-steam the rice or simmer in fresh water. Shell the shrimps and cut each into 4 pieces. Heat the lard, add the shrimps and stir for 1 minute. Add the raisins, scallions, ham, nuts, soy sauce and salt and stir for 2 minutes. Stir in the rice.

RICE CAKES

4 rashers of bacon, rinded
4 oz. cooked rice
2 eggs, beaten
Salt and pepper
Butter for frying

Chop the bacon and fry until crisp. Drain and mix with the rice, egg, salt and pepper. Heat a little butter and drop in spoonfuls of the mixture. Turn the cakes over once and finish cooking the other side. Serve with fried tomatoes. (Serves 2–3.)

CHEESE AND RICE SOUFFLÉ

2 oz. long-grain rice
A 6-oz. can of tomatoes, drained
1 oz. butter
1½ oz. flour
½ pint milk
6 oz. cheese, grated
3 eggs, separated
Salt and pepper

Oven temperature: fairly hot (400°F., mark 6)

Cook the rice in the usual way until just soft. Put the tomatoes

into a greased 1½-pint soufflé dish or well-greased large oven-proof dish. Melt the butter, stir in the flour and cook for 2–3 minutes. Remove the pan from the heat and gradually stir in the milk. Bring to the boil, stirring all the time and when the sauce has thickened, remove from the heat, stir in the cooked rice, cheese, egg yolks and seasoning to taste. Finally whisk the egg whites stiffly and fold in lightly. Pour over the tomatoes and bake in the centre of the oven for 30–35 minutes until well risen and golden. Serve immediately.

Variation
1 small sliced onion and 3–4 chopped rashers of bacon can be sautéed lightly and used with or instead of the tomatoes.

PIQUANT RICE AND PORK

2 medium-sized onions, skinned and sliced
2 oz. mushrooms, sliced (optional)
2 oz. fat
1 level tsp. salt
A few grains of black pepper
2 tbsps. vinegar
1 oz. Demerara sugar
1 tbsp. Worcestershire sauce
¼ pint tomato sauce
A 12-oz. can of pork luncheon meat
6–8 oz. long-grain rice

Cook the onions and mushrooms (if used) in the hot fat for a few minutes, then remove from the heat. Add the seasonings, vinegar, sugar and sauces. Cut the meat into sticks and add to the sauce, return to the heat and re-heat to boiling point, then cook for a few minutes. Cook the rice in boiling salted water, arrange on a large plate and surround with the meat.

SPANISH RICE AND SAUSAGES

½ lb. sausages
8 oz. long-grain rice
1 green pepper, seeded and finely chopped
1 medium onion, skinned and finely chopped
A 14-oz. can of tomatoes
2 sticks of celery, chopped
1½ level tsps. salt
¼ level tsp. pepper
1 oz. cheese, grated

Oven temperature: moderate (350° F., mark 4)
Grill the sausages and slice in ¼-inch rounds. Par-boil the rice in salted water for 5 minutes. In a greased casserole mix together the sausages, drained rice, green pepper, onion, tomatoes, celery and seasonings. Top with grated cheese, cover and bake in the centre of the oven for 1½ hours. (Serves 6.)

RICE AND TOMATO CROQUETTES

2 oz. long-grain rice
2 level tbsps. cornflour
¼ pint tomato juice
1 level tsp. mixed herbs
Salt and pepper
Beaten egg and bread-crumbs
Deep fat for frying
Cheese sauce (see p. 158)

Cook the rice, drain well and return it to the heat until it is quite dry. Blend the cornflour with a little tomato juice, add the remainder and heat the mixture until it thickens. Mix in the rice and herbs and season to taste; the mixture should be very stiff. Spread it on a plate and leave in a cool place to set. Divide into 8 pieces and shape into croquettes on a floured board. Brush with egg, coat with breadcrumbs and fry until golden brown and crisp. Serve hot with cheese sauce and a vegetable, or cold with salad.

FRIED RICE WITH CHICKEN (CHINESE)

4 eggs
2 tbsps. water
Salt and pepper
1 oz. butter
4 tbsps. oil
2 small onions, skinned and chopped
8 oz. cold cooked rice
8 mushrooms, chopped
A small pkt. of frozen peas
2 sliced bamboo shoots (optional)
4 oz. ham, diced
4 oz. frozen shrimps
4 oz. cooked chicken, chopped
4 tbsps. soy sauce

Beat the eggs with the water, salt and pepper. Heat the butter in a frying-pan, pour in the egg mixture and cook until browned; turn it and finish cooking. When cooked, remove from the pan and cut into thin strips. Heat the oil in the frying-pan, add the onions and fry until brown, then add the rice and some salt. Cook until tender and then add the mushrooms, peas, bamboo shoots, ham, shrimps and chicken. Heat slowly until very hot. Stir in the soy sauce and omelette strips.

KEDGEREE

12 oz. smoked haddock
6 oz. long-grain rice
2 hard-boiled eggs
3 oz. butter or margarine
Salt and cayenne pepper
Chopped parsley to garnish

Wash and trim the fish, put it in a pan, cover with water and bring to the boil slowly. Turn out the heat, cover the pan with a lid and leave to stand for 5–10 minutes, until the fish is tender. Drain off the liquid and skin and flake the fish. Cook the rice in the usual way and drain if necessary. Shell the eggs, chop one and slice the other into rings. Melt the butter or margarine in a saucepan, add the fish, rice, chopped egg, salt and pepper and stir over a moderate heat for about 5 minutes until hot. Pile on a hot dish and garnish with lines of chopped parsley and the sliced egg.

RISOTTO IMPROMPTU

Cook some rice and mix in two or three of the following: sliced hard-boiled eggs; cubed luncheon meat; chopped chicken or other poultry; sautéed mushrooms; cooked peas; sultanas; browned almonds; chopped pineapple.

RISOTTO

1 rasher of streaky bacon, rinded
2 oz. dripping
1 onion, skinned and sliced
½ lb. long-grain rice
2 tomatoes, quartered
2 oz. mushrooms, sliced (optional)
Salt and pepper
A bunch of herbs
1 pint stock
Grated cheese to serve

Dice the bacon and fry lightly to extract the fat. Drain and leave on one side. Add the dripping and fry the onion until lightly browned. Add the rice (dry) and continue frying gently until it becomes opaque, stirring occasionally 4–5 minutes. Add the tomatoes, the mushrooms and the bacon. Season well and add the herbs. Heat the stock to boiling and pour it over. Stir well, cover with a lid and cook over a gentle heat until all the liquid is absorbed and the rice soft, with each grain separate (30–40 minutes). If possible, leave undisturbed during this stage, but if necessary, stir with a fork. Remove the herbs and serve on a warmed dish, with plenty of grated cheese.

Diced cooked chicken or sliced cooked sausage and meats may be added during the last 10 minutes of cooking, if liked.

BAKED EGG RISOTTOS

Oven temperature: moderate (350°F., mark 4)

Cook some long-grain rice in a little well-flavoured stock, as for a risotto, until all the liquid is absorbed; add some chopped shrimps and chopped parsley. Put 2–3 tbsps. of this mixture in the bottom of each cocotte or ramekin dish and break an egg into each Dot with pieces of butter, season lightly and bake in the centre of the oven until the eggs are set – about 15 minutes.

CHICKEN RISOTTO

½ a boiling chicken or 2–3 good-sized chicken portions (uncooked)
3 oz. butter
2 small onions, skinned and finely chopped
1 stick of celery, finely chopped
1 clove of garlic, skinned and crushed (optional)
2 oz. mushrooms, sliced
1 green pepper, seeded and finely chopped
2 oz. bacon or ham, chopped
¼ pint dry white wine
Chicken stock
Salt and pepper
Chopped fresh herbs as available (e.g. marjoram, thyme or basil)
8 oz. long-grain rice
Grated Parmesan cheese

Skin the chicken, bone it and cut the flesh in strips. Melt 1 oz. of the butter and fry one of the onions gently for 5 minutes, until soft. Add the chicken, the remaining vegetables and the bacon or ham and fry for a further few minutes, stirring all

the time. Add the wine and let it bubble until well reduced; just cover with chicken stock and add the seasoning and herbs. Put on the lid and leave to simmer for about 1 hour, until the chicken is really tender. Fry the remaining onion in 1 oz. of the remaining butter for about 5 minutes, until soft. Add the rice and stir until transparent. Add about ½ pint of chicken stock and cook over a moderate heat, uncovered, until the stock has been absorbed; continue to cook, adding more stock as required, until the rice is just soft (15–20 minutes). Pour in the chicken mixture, stir well and continue cooking until the two mixtures are well blended and the liquid is all absorbed. Stir in the remaining butter and some Parmesan cheese.

HAWAIIAN RISOTTO

4 oz. long-grain rice
1 oz. butter
2–3 sticks of celery, chopped
1 onion, skinned and sliced
Grated rind and juice of 1 orange
½ pint water
½ level tsp. salt
Gammon (see below)

Cook the rice in fast-boiling water for 12 minutes, drain and keep warm (in a covered saucepan). Melt the butter and in it fry the celery and onion until soft, but not coloured. Add the grated rind and juice of the orange, the water and salt and bring to the boil. Add the rice and simmer gently until all the liquid has been absorbed.

Serve with grilled gammon rashers or add ½ lb. cooked lean bacon or gammon in cubes and re-heat for a further 5–10 minutes. Serve sprinkled with a little chopped parsley. (Serves 3–4.)

Variations

1. Use uncooked bacon or gammon: fry it separately in lard or butter for about 10–15 minutes before adding.
2. Drain the contents of an 8-oz. can of pineapple cubes or peas and add with the ham.

SHRIMP RISOTTO

1 oz. butter
1 tbsp. finely chopped onion
½–1 level tbsp. curry powder
1 tbsp. finely chopped apple
3 oz. rice
Salt
4 tbsps. tomato pulp
1 tsp. chutney
4 oz. shelled shrimps
4 tbsps. grated cheese
Browned bread-crumbs to top
Parsley to garnish

Melt the butter, fry the onion to a golden brown and add the curry powder and apple. Cook the rice in fast-boiling, salted water, then rinse in cold water. Add the rice, tomato pulp, chutney and shrimps to the curry mixture. Cook for several

minutes, then add the cheese and mix well. Put the mixture into an ovenproof dish and sprinkle with the crumbs; garnish with parsley. (Serves 2–3.)

CHICKEN PILAU

A large roasting or boiling chicken
1 lemon
1 orange
Salt and pepper
¾ pint chicken stock
8 oz. long-grain rice
2 oz. butter
1 oz. pistachio nuts or peanuts
2 oz. raisins, stoned

Steam or boil the chicken until tender (1–4 hours, depending on the size and age of the bird). Meanwhile remove the peel from the lemon and orange and shred it finely. Squeeze the lemon and add the juice to the seasoned stock. Simmer the rice in this mixture until tender. Add the butter, pistachios or peanuts, the raisins and shredded lemon and orange rind and keep hot. When the chicken is tender, carve into thick pieces. Place a layer of the rice mixture in the serving dish, then cover with chicken and pile the remaining rice on top. Re-heat if necessary in a warm oven. (Serves 8.)

MUTTON PILAU

1–1½ lb loin or best end of neck of mutton
1½ pints chicken stock (made from a cube)
6 oz. long-grain rice
A pinch of ground cinnamon
A pinch of ground cloves
Salt and pepper
2 oz. currants or stoned raisins
2 oz. butter

Trim the meat and cut into even-sized pieces. Cover with the stock and stew until tender, then lift out, drain and keep on one side. Wash the rice well and sprinkle into the liquid in which the meat was cooked; add the spices, seasoning and currants or raisins. Bring to the boil, then cover and simmer very gently for about 15 minutes, until all the liquid is absorbed and the rice is just soft. Remove from the heat and leave covered for about 15 minutes to dry out. Fry the meat in half the butter until lightly browned and stir the remaining butter into the rice mixture. Serve the rice piled on a dish, with the meat in the centre. (Serves 4–5.)

HAM PILAU

3 onions, skinned
3 oz. butter
6 oz. long-grain rice
¾ pint stock
Salt and pepper
A pinch of saffron
2 oz. mushrooms, sliced
4 oz. ham, chopped
2 oz. raisins, stoned
1 oz. almonds, slivered
A small pkt. of frozen mixed vegetables

Chop 1 onion; sauté in some of the hot butter until golden in colour. Add the rice and stir carefully until every grain is coated with fat. Pour on the stock, season well and add the saffron. Bring to the boil, cover tightly, reduce the heat and simmer gently for about 20 minutes or cook in the centre of a moderate oven (350°F., mark 4) until the stock is absorbed. Stir occasionally to prevent the rice sticking. Slice the remaining 2 onions and fry in the rest of the butter until pale golden in colour; add the mushrooms and continue cooking until these are tender. Stir in the ham and add this mixture, the raisins, almonds and mixed vegetables to the rice, stirring until all the ingredients are well combined and cook for a further 5 minutes. Put the pilau in a covered dish and keep warm till required in a very cool oven (275°F., mark ½). If it becomes too dry, add extra stock or a can of condensed soup, e.g., mushroom or chicken and reheat. (Serves 5–6.)

Vegetables

Many satisfying dishes can be made using vegetables as a basis – and they can be quite delicious, as the following recipes show.

VEGETABLE CURRY

6 small onions, skinned and halved
1 oz. butter
1 small cauliflower, broken into sprigs
3 tomatoes, skinned and quartered
1 large potato, peeled and diced
1 clove of garlic, skinned and crushed
2 level tbsps. curry powder
1 level tbsp. turmeric
Salt
½ pint stock
Boiled rice

Fry the onions in the butter until tender. Add the cauliflower, tomatoes, potato and garlic and cook for 3–4 minutes. Add the curry powder, turmeric, salt and stock and simmer for 15–20 minutes, until the vegetables are cooked. Serve with boiled rice.

OPEN VEGETABLE PASTY

8 oz. shortcrust pastry
1 onion, skinned and sliced
A little dripping
A few mushrooms, quartered
An 8-oz. can of baked beans
4 cooked carrots, diced
3 tomatoes, skinned and chopped
A little grated cheese
Egg to glaze

Oven temperature: hot (425°F., mark 7)

Roll the pastry out into a square. Fry the onion in the drip-

ping, add the mushrooms and cook slowly until tender. Add these to the baked beans, together with the carrots and tomatoes. Place the pastry in a round sandwich tin, fill with the mixture, sprinkle with grated cheese and fold the corners over. Brush with a little egg and bake towards the top of the oven for 30 minutes, or until the pastry is golden brown.

CAULIFLOWER AU GRATIN

1 cauliflower
1 oz. butter
1 oz. flour
½ pint milk
3 oz. cheese, grated
Salt and pepper

Choose a good, firm cauliflower and cook it in plenty of fast-boiling salted water. When it is cooked, strain it and place in an ovenproof dish. Melt the butter and stir in the flour, add the milk, then bring to the boil and continue to boil for 3 minutes, stirring all the time. Add the grated cheese, season and pour this sauce over the cauliflower, sprinkling a little more grated cheese on top. Brown under the grill. (Serves 3–4.)

CELERY AU GRATIN

Make as above, substituting a 1¾ lb. can of celery hearts for the cauliflower; re-heat, place in an ovenproof dish and continue as above.

BAKED COURGETTES AND AUBERGINES

2 aubergines
6–7 courgettes
Salt and pepper
6–8 shallots, skinned
1 clove of garlic, skinned
Sugar
¼ pint stock
3 tbsps. tomato purée or paste
2 level tbsps. fine bread-crumbs
2 tbsps. olive oil
Olives to garnish

Oven temperature: moderate (350°F., mark 4)

Prepare and slice the aubergines and courgettes, place in a dish, sprinkle with salt and leave for up to 1 hour. Drain off the liquid and rinse the slices. Slice the shallots and chop the garlic very finely. Rub an ovenproof dish with oil, put a layer of aubergine in the bottom and sprinkle with salt and pepper; now put in a layer of shallot and a little garlic, then one of the courgettes. Continue like this until the dish has been filled. Mix together the sugar, stock and tomato purée or paste and pour this over the vegetables. Sprinkle with the crumbs, pour on the oil and bake in the centre of the oven for 1 hour. Serve hot or cold, garnished with a few olives.

MARROW WITH CHEESE SAUCE

A medium-sized marrow
Salt
Cheese sauce (see p. 158)
A little grated cheese

Cut the marrow into slices 1½ inches thick. Peel, then remove the central seeds and pith; cook in boiling salted water until just tender (about 20 minutes). Drain thoroughly and arrange the rings on a heated serving dish. Pour the hot cheese sauce over and sprinkle with the grated cheese. Brown under a hot grill for 2–3 minutes.

EGG FLIP AND POTATO PIE

2 eggs
¾ pint milk
Salt and pepper
½ lb. cooked potatoes, sliced
¼ lb. tomatoes, skinned and sliced
4 oz. Cheddar cheese, grated
Parsley to garnish

Oven temperature: moderate (350°F., mark 4)

Beat the eggs thoroughly and add the milk and some salt and pepper. Butter a pie dish and put in a layer of potatoes and tomatoes, adding a sprinkling of cheese, salt and pepper. Add 2–3 tsps. of the egg mixture and then another layer of potatoes, tomatoes and cheese. Finish with a layer of grated cheese and pour in any remaining egg mixture. Bake slowly below the centre of the oven for about 40 minutes, until the egg flip has set and the cheese topping is golden brown. Garnish with parsley. (Serves 3–4.)

POTATO CHEESE CROQUETTES

1 lb. potatoes, cooked and mashed
1 oz. butter
4 oz. cheese, grated
1 level tbsp. chives, chopped or 1 onion, grated
Salt and pepper
1–2 level tbsps. flour (if required)
1 egg, beaten
Bread-crumbs to coat
Fat for frying (if required)

Mix the potatoes with the butter, cheese, chives or onion and salt and pepper to taste, adding 1–2 tbsps. flour if necessary to make a firm mixture. Turn it on to a floured board, form into a roll and cut into 1-inch slices. Shape these into round cakes and egg and crumb them. Fry in shallow or deep fat until crisp and golden or bake in a fairly hot oven (375°F., mark 5) on a baking tray for about 20 minutes. Serve with grilled bacon and tomatoes.

SAVOURY BAKED POTATOES

6 large potatoes
¼ pint hot milk
3 oz. cheese, grated
Salt and pepper
A little melted butter
Paprika and parsley

Oven temperature: moderate (350°F., mark 4)

Wash and scrub the potatoes, prick several times and bake in the centre of the oven until well cooked – 1½–2 hours. Cut in half lengthwise and scoop out the centre, leaving the skins intact. Put the potato in a basin and mix with a fork till free

from lumps. Add the milk, most of the cheese and seasoning to taste. Stir until blended, then fill the potato shells with the mixture. Sprinkle the rest of the cheese on top, brush over lightly with a little melted butter and brown in the oven. Sprinkle with paprika before serving and garnish with parsley. (Serves 6.)

Variations

Add minced fried bacon (lean rashers streaky are best) to the potato mixture before putting back in the shells, or add finely chopped onion and bacon that has been sautéed in a little dripping. For a very satisfying dish, add a little sour cream and a beaten egg to the potato mixture before adding the bacon and onion.

ITALIAN POTATO CAKE

1 lb. potatoes
2 oz. butter
2 oz. Parmesan cheese, grated
Salt and pepper
Grated nutmeg
1 tbsp. olive oil
Fat for frying

Boil the potatoes in salted water, drain and mash, adding the butter, cheese, salt and pepper and a little grated nutmeg. Heat 1 tbsp. olive oil in a thick frying-pan and press the potato mixture into the pan. Cook until a golden brown crust has formed, then turn it over and cook the other side. Sprinkle with grated cheese and put under the grill to brown the cheese a little. Serve very hot. (Serves 3–4.)

SAVOURY NUT ROLL

4 oz. nuts
8 oz. boiled rice
2 tsps. chopped parsley
1 tbsp. chopped onion
A pinch of diced herbs
Salt and pepper
1 egg
1 tbsp. tomato sauce
Stock or water
Tomato or brown sauce to serve
Baked tomatoes to garnish

Shell and mince the nuts. Mix the rice and nuts with the parsley, onion, herbs and seasoning. Beat the egg and bind the mixture with this and the tomato sauce, adding 1 tbsp. more sauce or more beaten egg if the mixture is too dry. Form into a roll, place in a floured cloth, roll up and tie the ends. Put into a pan of boiling salted stock or water and cook for 1½ hours. Remove the cloth, turn the roll out carefully on to a hot dish and pour tomato or brown sauce over it. Garnish and serve.

HAM-STUFFED TOMATOES (HOT)

8 small, even-sized tomatoes
3 oz. ham, chopped
2 tsps. chopped onion
1 oz. butter
4 tbsps. fresh crumbs
2 tsps. chopped parsley
Salt and pepper
Croûtes of fried bread

Oven temperature: moderate (350°F., mark 4)

Wipe the tomatoes and cut a small round from the top of each, then remove the inside with a teaspoon. Sauté the ham and onion in the fat and add the bread-crumbs, parsley, seasoning and tomato pulp. Fill the tomatoes with this mixture and replace the "lids". Bake in the centre of the oven for about 15 minutes and serve on the croûtes. Garnish with cooked diced cucumber and peas, or as desired.

Another good stuffing is made as follows: Melt 1 oz. butter and lightly fry 1½–2 oz. chopped ham and 1–2 tsps. chopped onion for 3 minutes. Add 3 tbsps. fresh bread-crumbs, 1 tsp. chopped parsley and salt and pepper, with 3 level tbsps. grated cheese (optional) and the pulp from the tomatoes. Use as above.

CHEESE-STUFFED TOMATOES (HOT)

6 large firm tomatoes
3 slices of white bread of toast thickness
3 oz. cheese, finely grated
Salt and pepper
Worcestershire sauce
1 tbsp. chopped parsley
1½ oz. butter
Fat for frying

Oven temperature: fairly hot (400°F., mark 6)

Cut a small round from the top of each tomato and scoop out the pulp with a teaspoon. Using a 2-inch cutter, cut 6 rounds from the bread. Make the remaining bread into bread-crumbs. Discard the cores from the tomato pulp and mix the remaining pulp with the crumbs, cheese, a generous amount of seasoning, a dash of Worcestershire sauce and the chopped parsley. Refill the tomato cases, top each with a knob of butter and replace the lids. Cook in the centre of the oven for 15 minutes. Heat the fat, fry the bread rounds until golden brown and place the tomatoes on them. (Serves 6.)

SHRIMP-STUFFED TOMATOES (COLD)

4 firm, large, even-sized tomatoes
¾ oz. long-grain rice, cooked
½ onion, skinned and grated
½ oz. butter
2 oz. potted shrimps
2 level tbsps. cooked peas
Salt and pepper

Cut a slice from the top of each tomato. Using a small pointed knife or a teaspoon, remove the centres, taking care not to pierce the skins. Mix the tomato pulp, rice and onion and cook in the butter over a low heat for 5 minutes, or until the onion is soft and most of the liquid has been driven off. Stir in the shrimps, peas and seasoning. Pile the filling into the tomatoes, cover with the "lids" and serve with salad.

Alternatively, put the tomatoes in a shallow casserole, cover with greaseproof paper and bake in a moderate oven (350°F., mark 4) for about 20 minutes, or until soft to the touch. Serve on toast and garnish with watercress.

STUFFED PEPPERS

4 green peppers
1 oz. butter
1 onion, skinned and finely chopped
4 oz. streaky bacon, rinded and chopped
8 oz. beef, minced
2 oz. mushrooms, chopped (optional)
1 thick slice of bread
1 level tsp. mixed herbs
Salt and pepper
A 10-oz. can of tomato soup

Oven temperature: fairly hot (375°F., mark 5)

Cut the stalk end from the peppers and remove the seeds and core. Cook for 5 minutes in boiling salted water and drain. Meanwhile, melt the butter and fry the onion and bacon for 5 minutes. Add the beef and mushrooms (if used) and fry for a further 5 minutes. Crumble the bread and mix this in with the herbs and seasoning. (If the mixture is rather dry, moisten with a little stock or egg.) Stuff the peppers with this mixture, replace the "lids" and place in a shallow casserole. Pour the soup round and bake in the centre of the oven for about 30–40 minutes.

STUFFED MARROW

8 oz. cooked minced meat (preferably lamb)
1 small onion, skinned and minced
1 oz. green pepper, seeded and minced
4 oz. white bread-crumbs
A pinch of mixed herbs
½ level tsp. salt
A pinch of pepper
1 egg to bind, beaten
A little stock to moisten
A medium-sized vegetable marrow
A little butter

Oven temperature: moderate (350°F., mark 4)

Mix the meat, onion, green pepper, bread-crumbs, herbs, seasoning and egg and moisten with a little stock. Cut one end off the marrow and scrape out the seeds, fill with the prepared stuffing and replace the "lid", securing it with cocktail sticks. Place on a greased roasting tin with some pieces of butter, cover with a piece of well greased paper and bake in the centre of the oven for 1¼ hours, or until tender. (Serves 6.)

HEARTY SALADS

The ideal and also the simplest substantial snack for a hot day is salad plus cold meat or poultry, cold cooked or canned fish, a savoury pie or flan, hard-boiled eggs or cheese. Add a jacket potato or some freshly-boiled potatoes, and you have a meal perfectly acceptable on a winter's day. Salads are infinite in their variety and you can improvise to suit your taste and your larder. If you would like some good ideas to set your imagination working, look at the hors d'oeuvre salads in Section 2. For a further good selection of salad recipes, see the book in this series called "Salads, Vegetables and Fruits".

SECTION IV

Sauces

The great majority of the recipes in this book are complete in themselves and require no special sauces. However, in a few cases a sauce figures as one of the actual ingredients, so we give here the necessary recipes, followed by the most important salad dressings, which are needed for some of the hors d'oeuvres as well as for salad snacks and buffet meals.

SIMPLE WHITE SAUCE – ROUX METHOD

¾ oz. butter
¾ oz. (2 level tbsps. approx.) flour
½ pint milk or milk and stock
Salt and pepper

Melt the butter, add the flour and stir with a wooden spoon until smooth. Cook over a gentle heat for 2–3 minutes, stirring, until the mixture (called a roux) begins to bubble. Remove from the heat and add the liquid gradually, stirring after each addition to prevent lumps forming. Bring the sauce to the boil, stirring continuously, and when it has thickened, cook for a further 1–2 minutes. Add salt and pepper to taste.

To make a thicker sauce, of coating consistency, increase the amount of both butter and flour to 1 oz.

SIMPLE WHITE SAUCE – BLENDING METHOD

½ oz. (1½ level tbsps.) cornflour or flour
½ pint milk
A knob of butter
Salt and pepper

Put the cornflour or flour in a basin and blend with 1–2 tbsps. of the milk to a smooth cream. Heat the remaining milk with the butter until boiling; pour on to the blended mixture, stirring all the time to prevent lumps forming. Return the mixture to the pan and bring to the boil, stirring continuously

with a wooden spoon. Cook for 1–2 minutes after the mixture has thickened, to make a glossy sauce. Season to taste.

To make a thicker sauce, of coating consistency, increase the amount of cornflour or flour to 2 level tbsps.

ANCHOVY SAUCE: To ½ pint white sauce (made, if suitable, partly with fish stock) add 2 tsps. anchovy essence.

CHEESE SAUCE: To ½ pint white sauce add 2–4 oz. grated strong cheese, a pinch of dry mustard and a pinch of cayenne pepper (optional). Don't re-boil, or the cheese will be overcooked – there is sufficient heat in the sauce when it is taken from the stove to melt the cheese.

BÉCHAMEL (RICH WHITE) SAUCE

½ pint milk
1 shallot, skinned and sliced (or a small piece of onion, skinned)
A small piece of carrot, peeled and cut up
½ stick celery, cut up
½ a bay leaf
3 peppercorns
1 oz. butter
1 oz. (3 level tbsps.) flour
Salt and pepper

Put the milk, vegetables and flavourings in a saucepan and bring slowly to the boil. Remove from the heat, cover and leave to infuse for about 15 minutes. Strain the liquid and use this with the butter and flour to make a roux sauce (see first White Sauce recipe). Season to taste.

This classic sauce is the basis of many others.

CURRY SAUCE

2 medium-sized onions, skinned
1 oz. butter or dripping
1 level tbsp. curry powder
1 level tsp. curry paste
1 level tbsp. rice flour or ordinary flour
A clove of garlic, skinned
½ pint stock or coconut milk
Salt and a little cayenne
2 tbsps. chutney
1 tbsp. single cream (optional)

Slice the onions and chop them finely. Melt the fat. Fry the onions golden brown and add the curry powder, paste and flour. Cook for 5 minutes, then add the garlic, pour in the liquid and bring to the boil. Add the seasonings and chutney, then simmer for 30–40 minutes. This sauce is much improved by the addition of the cream, which should be stirred in just before it is used.

Notes: If you prefer a milder flavour, use less curry powder. The rice or other flour may be omitted, since a meat or similar curry is thickened by the long, slow cooking and the reduction of the liquid.

ESPAGNOLE (RICH BROWN) SAUCE

1 oz. streaky bacon, rinded and chopped
1 oz. butter
1 shallot, skinned and chopped (or a small piece of onion, chopped)
1 oz. mushroom stalks, washed and chopped
1 small carrot, peeled and chopped
¾ oz. (2 3 level tbsps.) flour
½ pint beef stock
A bouquet garni
2 level tbsps. tomato paste
Salt and pepper

Fry the bacon in the butter for 2 3 minutes, add the vegetables and fry for a further 3–5 minutes, or until lightly browned. Stir in the flour, mix well and continue frying until it turns brown. Remove the pan from the heat and gradually add the stock, stirring after each addition. Return the pan to the heat and stir until the sauce thickens; add the bouquet garni, tomato paste and seasoning. Reduce the heat and allow to simmer very gently for 1 hour, stirring from time to time to prevent sticking; alternatively, cook it in the centre of a warm oven (325 F , mark 3) for 1½–2 hours. Strain the sauce, re-heat and skim off any fat, using a metal spoon; re-season if necessary.

Notes: The stock may be made from a bouillon cube A bouquet garni consists of a bunch of herbs, usually a sprig each of parsley and thyme and perhaps another herb, with a bay leaf, tied together (or better still, tied up in a piece of muslin). Failing fresh herbs, tie up in muslin a pinch of mixed dried herbs and 2 peppercorns To give the sauce still better flavour, add 1 tbsp. sherry just before using it.

TOMATO SAUCE

1 small onion, skinned and chopped
1 small carrot, peeled and chopped
1 oz. butter
½ oz. flour
1 lb. tomatoes, quartered
½ pint chicken stock (made from a stock cube)
½ a bay leaf
1 clove
1 level tsp. sugar
Salt and pepper

Lightly fry the onion and carrot in the butter for 5 minutes. Stir in the flour and add the tomatoes, the stock and flavourings, etc. Bring to the boil and simmer for 30–45 minutes, or until the vegetables are cooked. Sieve and re-heat.

Notes. You can add 2 level tsps. tomato paste to give a full flavour and better colour. 1–4 tbsps. white wine or sherry can also be added just before serving.

MAÎTRE D'HÔTEL BUTTER

Allow 1 oz. butter per serving. To each oz. of butter allow 1 tsp. finely chopped parsley, 1 tsp. lemon juice, and a little

salt and pepper. Work these ingredients together on a plate with a pliable knife and form into small pats. Keep in a cool place until required.

FRENCH SALAD DRESSING (SAUCE VINAIGRETTE)

¼ level tsp. salt
⅛ level tsp. pepper
¼ level tsp. dry mustard
¼ level tsp. sugar
1 tbsp. vinegar
2 tbsps. oil

Put the salt, pepper, mustard and sugar in a bowl, add the vinegar and stir until well blended. Beat in the oil gradually with a fork. Use at once – the oil separates out on standing, so if necessary whip the dressing immediately before use. A good plan is to store it in a salad-cream bottle, shaking it up vigorously just before serving.

Note: The proportion of oil to vinegar varies with individual taste, but use vinegar sparingly. Malt, wine, tarragon or any other vinegar may be used.

LEMON AND OIL DRESSING

2–3 tbsps. oil
Pepper and salt
1 tbsp. lemon juice

Add the oil gradually to the salt and pepper and when they are well blended, whisk in the lemon juice with a fork.

CLASSIC MAYONNAISE

1 egg yolk
½ level tsp. dry mustard
½ level tsp. salt
¼ level tsp. pepper
½ level tsp. sugar
¼ pint (approx.) oil
1 tbsp. white vinegar

Put the egg yolk into a basin with the seasonings and sugar. Mix thoroughly, then add the oil drop by drop, stirring briskly with a wooden spoon the whole time or using a whisk, until the sauce is thick and smooth. If it becomes too thick add a little of the vinegar When all the oil has been added, add the vinegar gradually and mix thoroughly. If liked, lemon juice may be used instead of the vinegar.

Notes: To keep the basin firmly in position, twist a damp cloth tightly round the base – this prevents it from slipping. In order that the oil may be added 1 drop at a time, put into the bottle-neck a cork from which a small wedge has been cut.

Should the sauce curdle during the process of making, put another egg yolk into a basin and add the curdled sauce very gradually, in the same way as the oil is added to the original egg yolks.

SUPPLEMENT

Picnics and packed meals

What you take on a picnic must depend on where you go, how you travel and the equipment you can muster.

Many attractive and well-fitted picnic baskets are now available, but there is still quite a lot to be said for a canvas bag, upright wicker basket or haversack, fitted out with your own containers. There is an endless variety of plastic crockery eminently suitable for picnics (but avoid tall beakers, which tip over easily). Alternatively, use cardboard plates and waxed drinking cups, which can be discarded once you reach home. Don't forget cutlery, a can-opener, if needed, and paper napkins. Modern vacuum flasks are made in various sizes and styles, and the wide-mouthed ones make it possible to take such things as stewed fruit, chilled fruit salad or hot soups and stews, while the ordinary ones will take any hot drink, cold tomato juice or fruit juice.

For wrapping picnic food, polythene bags in various sizes have almost displaced paper, and they tend to keep sandwiches and salads more moist Rigid plastic boxes are ideal for such fragile things as pastries and cakes. Cheap picnic salt and pepper containers are well worth buying; mustard and mayonnaise can be bought in handy tubes. A screw-top jar or plastic container is good for sugar.

If you like to brew tea on the spot you will need a kettle with a tightly-corked spout and one of the many portable stoves now available. Some of these are suitable also for cooking simple food such as sausages, bacon, hot soup and so on. If you are more ambitious, you can (provided you have the necessary permission) make an outdoor fire, either camp-style or on a portable barbecue. You can then cook kebabs and other exciting dishes.

Menus for Picnic Parties

With our capricious climate, it's not a bad idea to plan food that can if necessary be eaten indoors if the expedition has to be abandoned.

The Main Course: A pastry dish (e.g. sausage rolls, meat pasties, savoury flans, quiches, etc.) is quite suitable for the main course – then if you are obliged to eat indoors, you can serve it with sauté potatoes and a salad or a hot vegetable such as peas or beans. Hard-boiled eggs are always popular on a picnic, and if necessary these can appear as savoury eggs, served with Russian salad, a good mayonnaise and chipped or sauté potatoes; alternatively, curry them and serve with rice. Scotch eggs are equally adaptable. Cold meats such as ham and tongue, or any roast meats, are always acceptable and may be served with bread and butter for a quick open sandwich. Take some salad ingredients to go with them. Teenagers would probably cope happily with a cold fried pork chop eaten "in the hand" (trim off most of the fat), while more adult appetites might be tempted by a leg or wing of cold roast chicken. If the picnic is postponed, the same cold meat or poultry can be served with chutney or pickle, accompanied by the salad.

The Sweet Course: Creams, soufflés, fruit jellies, etc., may be prepared in advanced, being set either in a large bowl or dish, or in individual glass or plastic containers or cartons. If pastry doesn't figure in the first course, a fruit flan or other sweet tart that carries well makes an attractive pudding, or you may prefer an assortment of small cakes and pastries, scones, shortbread, etc.

If you have a wide-mouthed vacuum jar you can take ice-cream. Buy it at the last convenient moment and put it at once into the jar. (You must of course buy enough to fill the jar, or it will not keep solid, though it will still be cold.) Fruit salad, or fresh fruit in season, can be taken in another lidded container to serve either with cream or with the ice cream.

Picnic Drinks: A refreshing drink such as iced tea or coffee, fruit juice, orange or lemon squash, beer or cider, is a must. See that you take a generous amount, especially if you are going to a remote place – and remember that children often require an inordinate quantity of drink. For adults, no amount of fruit squash, however refreshing, will take the place of a hot drink of tea or coffee to round off the meal, and this should always be included, unless you intend to stop at a café on the way. If you are setting out on a strenuous walk or climbing expedition, don't take foods that will make you too thirsty, unless you are sure drinks will be obtainable.

Packed Meals

Food for packed lunches – especially for children – should look tempting, even though your main consideration must be to provide a nourishing and sustaining meal. Wholemeal bread can be used for sandwiches, and any dish containing eggs, butter, cheese, meat or fish, dried fruit or peanut butter is "good value". A combination of these foods, taken with fresh fruit, a raw vegetable or salad and with the milk usually available at school, will make a well-balanced and appetising meal. Try to avoid having too many starchy items at any one time and remember that, useful as sandwiches may be, a pasty or savoury tart will often make a good alternative.

A vacuum flask is almost indispensable, to carry soup in the winter months and cold drinks or fruit salad, etc. in summer. Use light-weight but rigid containers (usually plastic nowadays) for cakes, pastries, buns or biscuits, to ensure that they stay in good condition. Any food that dries out quickly may be wrapped in aluminium foil or put in a plastic bag. Sweets such as jelly or trifle, fruit whip, etc., may be carried in a screw-top plastic container or carton.

Many of the suggestions given for picnics apply equally well for the lunch-box.

Although we give in this Supplement a number of especially suitable recipes, including a few luxury ones, many of those appearing elsewhere in the book could well be used for instance, savoury tarts, meat loaf, sausage rolls, stuffed eggs, Scotch eggs, savoury butters and so on.

MEAT AND VEGETABLE PLATE PIE

8 oz. shortcrust pastry (see p. 20)
2–4 oz. mixed cooked vegetables, diced
4 oz. corned beef, cubed
Salt and pepper
Egg or milk to glaze

Oven temperature fairly hot (400°F., mark 6)

Divide the pastry into two and roll out one piece. Cover a pie plate with it and trim off any surplus pastry with a sharp knife. Mix the vegetables and corned beef, season and put on to the pastry, leaving the rim clear. Brush this with cold water. Roll out the remaining piece of pastry for a cover, put in position and press the upper and lower edges together; trim, then crimp with your fingers. Make a few cuts in the top crust to let steam escape, add a simple pastry decoration for the centre, if you wish, and glaze the top of the pie with beaten egg or egg and milk. Bake in the centre of the oven for 30–35 minutes. Cool before packing. (Serves 5–6.)

OTHER FILLINGS FOR PLATE PIES

Fish: Remove all skin and bone from 6–8 oz. cooked white fish, mix with a little thick white sauce, flavour if desired with parsley or anchovy and season to taste.

Cheese and Onion: Cook 2 chopped onions in salted water for 5 minutes, drain well and mix with 8 oz. grated cheese, some salt and pepper and a beaten egg.

Bacon and Egg: Rind and chop 4 rashers of bacon and spread over the base. Whisk 4 eggs and add 4 tbsps. milk and some salt and pepper, pour over the bacon and if desired add a layer of sliced raw tomato or mushrooms.

Sausage, Egg and Tomato: Slice 2–3 tomatoes and place over the base, then add a layer of sausage-meat (about 6 oz.). Make 6–7 wells in this with the back of a spoon. Beat an egg, season it and pour a little into each depression.

VEAL AND HAM PICNIC PIE

2 lb. stewing veal
1 lb. bacon (forehock)
1 knuckle veal
Juice of 1 lemon
1 bay leaf
A blade of mace
2 pints water
Salt and pepper
1 lb. shortcrust pastry
A large pkt of frozen peas, thawed
1 egg, hard-boiled

Oven temperature: moderate (350°F., mark 4)

Cut the veal into 1-inch cubes, discarding any sinewy parts. Remove and discard the rind and any excess fat from the bacon. Cut the bacon into 1-inch cubes, place in a saucepan with the veal, knuckle, lemon juice, bay leaf, mace, water, salt and pepper, bring to the boil, cover and simmer for 1 hour. Drain off the liquor and discard the knuckle, bay leaf and mace. Leave to cool. Reduce the liquor to 1 pint by boiling. Line a tin measuring 11 by 7 by 1¼ inches with kitchen foil, leaving enough foil to completely cover the pie when cold. Roll out two-thirds of the pastry to line the tin. Mix the peas into the meat and spoon into the pastry. Damp the edges. Roll out the remaining pastry for the lid and place in position, pressing the edges well together. Cut out the centre of the pastry. Cover just the meat with a small piece of foil Bake in the centre of the oven for about 1 hour. Take from the tin and leave the pie to cool in the foil wrapping. Arrange the sliced egg on the cold pie and spoon the nearly-setting stock over. Leave to set. (Serves 8–10.)

CORNISH PASTIES

12 oz chuck or blade steak, free of fat
4 oz. raw potato, peeled and diced
1 small onion, skinned and chopped
Salt and pepper
12 oz. shortcrust pastry (p. 20)

Oven temperature: hot (425°F., mark 7)

Cut the steak into small pieces. Mix the potato and onion with the meat and season well. Divide the pastry into four and roll each piece into a round about 8 inches in diameter. Divide the meat mixture between the pastry rounds, damp the edges, draw the edges of the pastry together to form a seam across the top and flute the edges with the fingers. Place on a baking tray and bake at the top of the oven for 15 minutes to brown the pastry, then reduce the heat to warm (325°F., mark 3) and cook for 1 further hour. Serve hot or cold.

SAUSAGE FINGERS

1. Split cold grilled chipolata sausages in halves lengthwise, smear the cut surface with mustard and lay them, mustard side down, on small fingers of buttered bread, or on split and buttered bridge rolls.
2. Allow 2 3 oz. sausages or sausage-meat per head. If sausages are used, skin them and mix all the meat together. Divide into even-sized rolls, coat with egg and crumbs and fry till golden. Drain well and allow to cool before packing.

SAVOURY SLICES

8 oz. self-raising flour
3 oz. butter or margarine
5 oz cheese, grated
1 egg, beaten
A little milk (if needed)
1 small onion, skinned and finely chopped
4 oz. streaky bacon, chopped
½–1 level tsp. mixed herbs
Salt and pepper

Oven temperature: fairly hot (400°F., mark 6)

Rub 2 oz. of the fat into the flour until it resembles breadcrumbs. Stir in 3 oz. of the cheese, then mix to a fairly soft dough with egg and some milk if necessary. Fry the onion and bacon gently for about 5 minutes in the remaining 1 oz fat. Divide the dough into 2 pieces and roll out each piece into an 8-inch square. Place one piece on a greased baking sheet, cover with the onion and bacon and sprinkle with the herbs and seasoning. Wet the edges and cover with the second piece of dough, pressing the edges together. Brush with milk and sprinkle with the remaining cheese. Bake towards the top of the oven for about 20 minutes, until crisp and golden. Serve cut in fingers or wedges; you can eat it hot or cold. (Serves 4–5.)

GALANTINE OF BEEF

¼ lb. bacon
¾ lb. minced beef
½ lb. sausage-meat
3 oz. bread-crumbs
1 level tsp. mixed herbs
Salt and pepper
2 eggs

Chop the bacon very finely, or put it through the mincer.

Combine all the ingredients, mixing very thoroughly, tie in a cloth, forming the mixture into a roll, and boil for about 2 hours. Press between plates, and when cold remove the cloth and trim off the ends. Pack in a plastic box. To serve, slice fairly thickly and eat with buttered rolls. (Serves 5–6.)

PEEK-A-BOO SALAD LOAF

½ pint water
2 level tbsps. aspic jelly crystals
8 oz. cream cheese
4 level tbsps. mayonnaise
4 level tbsps. mango chutney
1 lb. ham, cut in ½-inch cubes
½ lb. tomatoes, skinned, quartered and seeded
16 stuffed olives, halved
Salt and pepper
A 1¾-lb. long white loaf

Make up the aspic jelly as directed with the water and aspic crystals and leave until beginning to set. Beat together the cheese, mayonnaise and chutney until evenly blended. Beat in the aspic jelly and leave the mixture in a cool place until beginning to set. Place the ham in a bowl. Cut the tomato flesh into ½-inch pieces and add to the ham. Add the olives, mix together and season to taste. Pour on the jelly mixture, stir well and leave until set. Meanwhile cut the end off the loaf, then, using a sharp knife, cut the centre out of the loaf, leaving a ½-inch bread border. (Use the centre for bread-crumbs.) Spoon the ham mixture into the hollow and press the end on. Wrap in foil and leave in the refrigerator overnight. (Makes 10–12 slices.)

This is an unusual way to carry and serve a salad.

BACON AND CHEESE STICKS

A pkt of scone mix
Paprika
½ level tsp. salt
6 oz. grated cheese
3 oz. chopped bacon (raw)
6 tbsps. milk
1 egg, beaten

Oven temperature: hot (425°F., mark 7)

Combine the scone mix with the paprika, salt, 5 oz. of the cheese and the bacon. Mix with the milk and most of the egg to a soft dough and roll into a strip ¾ inch thick. Cut into narrow fingers, brush with the remaining beaten egg and sprinkle with the remaining cheese. Bake on a greased baking tray in the centre of the oven for 20–25 minutes. (Serves 3–4.)

CRISP CHEESE EGGS

6 hard-boiled eggs
1 jar of chicken pâté in wine or minced chicken
4 oz fresh white bread-crumbs
2 oz. Cheddar cheese, grated
Salt and pepper
1 egg, beaten
Corn oil for frying

Cut the eggs in half lengthwise. Scoop out the yolks and cream

with the pâté. Refill and press the halves together again. Mix together the bread-crumbs and cheese and season with salt and pepper. Dip in or brush the eggs with the beaten egg. Coat with crumbs, patting these well in. Repeat the coating once more. Fry in deep corn oil at 340°F., for just sufficient time to colour the coating golden-brown. Drain on kitchen paper. When cold wrap in twists of foil or plastic film. Do not refrigerate, as this tends to soften the coating. (Serves 6.)

FRUIT CUP CUSTARDS

Lightly beat 1 egg with ½ oz. sugar. Heat ½ pint milk without boiling it, and pour it on to the egg, stirring all the time. Strain the mixture into a pan and stir with a wooden spoon over a very gentle heat, or cook in a double saucepan, until the custard is thick enough to coat the back of the spoon. Add a few drops of vanilla essence. Put a little fruit into each cup or lidded container and then pour the custard over. Put on a plastic cover or lid.

GOOSEBERRY FOOL

1 lb. gooseberries (or a 1 lb. 4 oz can, drained)
Sugar to taste
¼ pint custard
¼ pint double cream, whipped

Stew the fruit in a little water, with sugar as required (unless canned fruit is used). Sieve the fruit (or put it into an electric blender), fold the purée into the custard and cream and sweeten to taste. Pour into screw-top jars or other picnic containers. Serve with shortbread, sponge fingers or a plain sweet biscuit.

This sweet can also be made with blackberries, raspberries, apricots, rhubarb or damsons.

FRUIT CREAMS

Dissolve ½ oz. gelatine in ¼ pint fruit juice and add it to ½ pint fruit purée; sweeten to taste. Whip ¼ pint double cream until it is thick and fold into the cold gelatine mixture. Pour into a screw-top jar and cover when set.

Make the purée of canned apricots, raspberries, etc.

JELLY SPONGES

1½ pints jelly
12 boudoir fingers
A 8-oz. can of pineapple chunks

Make the jelly and allow it to cool but not set. Arrange 2 Savoy fingers down each side of 6 waxed picnic cartons, cover them with jelly and put in a cool place. When set, arrange pieces of pineapple on them and cover with more jelly. Allow to set very firmly before packing. (Serves 6.)

SYRUP FLAPJACKS

4 oz. butter or margarine
1 oz. sugar
2 oz. golden syrup, warmed
8 oz. rolled oats
¼ level tsp. salt

Oven temperature: fairly hot (375°F., mark 5)

Grease a tin measuring about 10 by 8 inches. Beat the fat and sugar together until the mixture is creamy, then stir in the warmed syrup. Mix well and work in the rolled oats and salt. Put the mixture into the tin and bake in the centre of the oven for 30–45 minutes, until brown. When it is firm, cut into pieces, but leave in the tin until quite cold, or the flapjacks will crumble.

PICNIC (FARMHOUSE) CAKE

8 oz. wholemeal flour
8 oz. plain flour
1 level tsp. mixed spice
1 level tsp. bicarbonate of soda
6 oz. butter
8 oz. sugar
4 oz. sultanas
4 oz. raisins, stoned
1 oz. candied peel, chopped
1 egg, beaten
½ pint milk to mix

Oven temperature: warm (325°F., mark 3)

Grease and flour an 8-inch tin. Sift the flours, spice and bicarbonate of soda. Rub the fat into the dry ingredients until the mixture resembles fine bread-crumbs. Stir in the sugar, fruit and peel Make a well in the centre, pour in the egg and some of the milk and gradually work in the dry ingredients, adding more milk if necessary to give a dropping consistency; put the mixture into the tin and level the top. Bake in the centre of the oven for about 2 hours, until firm to the touch.

DATE AND NUT LOAF

8 oz. plain flour
1 level tsp. baking powder
4 oz. margarine
4 oz. sugar
8 oz. dates, chopped
2 oz. walnuts, chopped
1 level tsp. bicarbonate of soda
2 3 tbsps. milk
1 egg, beaten

Oven temperature: moderate (350°F., mark 4)

Grease and flour a loaf tin measuring 8½ by 4½ inches. Sift the flour and baking powder. Rub the margarine into the flour until it resembles fine bread-crumbs. Stir in the sugar, dates and nuts and make a well in the centre. Dissolve the bicarbonate of soda in 2 tbsps. of milk and the egg, pour into the well and gradually work in the dry ingredients, adding more milk if necessary to give a dropping consistency. Put into the tin and level the top. Bake in the centre of the oven for 1–1¼ hours, until firm to the touch.

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